

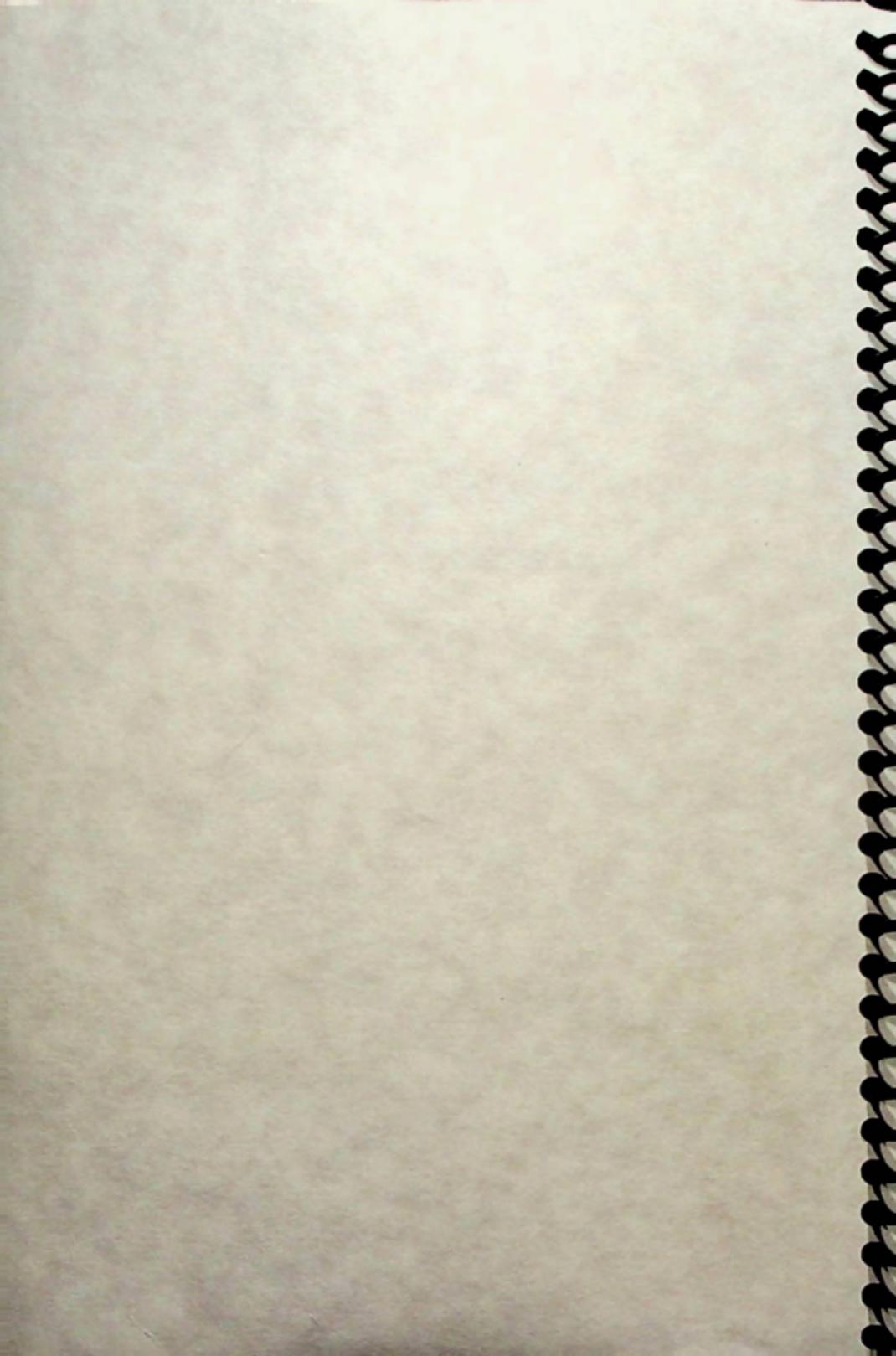
Recipes

And

Remembrances



Compiled by  
Elsie Menefee and Lola Amend  
Lyons, Kansas  
2011





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Born February 15, 1901  
Potawatomie County Kansas  
Mother of 12 children

Harold Martin

George Martin

Frank Martin

Ella Thacker

Lola Amend

Elsie Menefee

Velma Pretzer

Edna Hazen

Edgar Martin

Marietta Martin

Kenneth Martin

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## FOREWORD

I wish to thank all of the people who helped in compiling this book. It has been an interesting and learning experience. We have tried to preserve some of the old ways of doing things. When you make things from scratch yourself, you know what goes into the food you are eating and can better control food allergies, or allergies to additives found in most ready made foods.

To those who find food made today does not taste like what Mother used to make, Mother used fresh farm grown ingredients and cooked on a wood stove. Both of these factors make a difference in how things taste. Mother also seldom needed to measure anything. This is a skill some of us have not mastered. We have tried to include the recipes she used that were never written down. I am sure, as Edgar pointed out, many of her methods of cooking were handed down from generation to generation. So this is actually a "Brubaker" family cookbook instead of a "Martin/Hepler" cookbook. We have tried to leave the older recipes as originally written when possible. I did have to change the word "tin" to "pan" because Marietta had no idea what a "tin" was. We hope this will give the second and third generations a glimpse of what food preparation was like and what was available to eat in the past.

Thanks to Danny Amend for teaching all of us how to prepare a piglet for roasting. Thanks to Irene Hepler for providing recipes for preparing wild game, and to Wilma Hepler for the method on starting a sour dough starter. This is something I had not learned to do and have wanted to try my hand at it. I also want to try Lola's recipe for turnip pie. If there is a way to disguise cooked turnips so I will eat them, I want to know it.

And last but not least, this book is a joint effort with Lola (whose idea this book was), Velma (who contributed most of the how-to stuff), Edna, Marietta, and I. I hope you get as much enjoyment out of it as we did putting it together. Many thanks to Lola's daughter, Linda Shook, who provided the expertise and guidance in printing this book.

Elsie Menefee

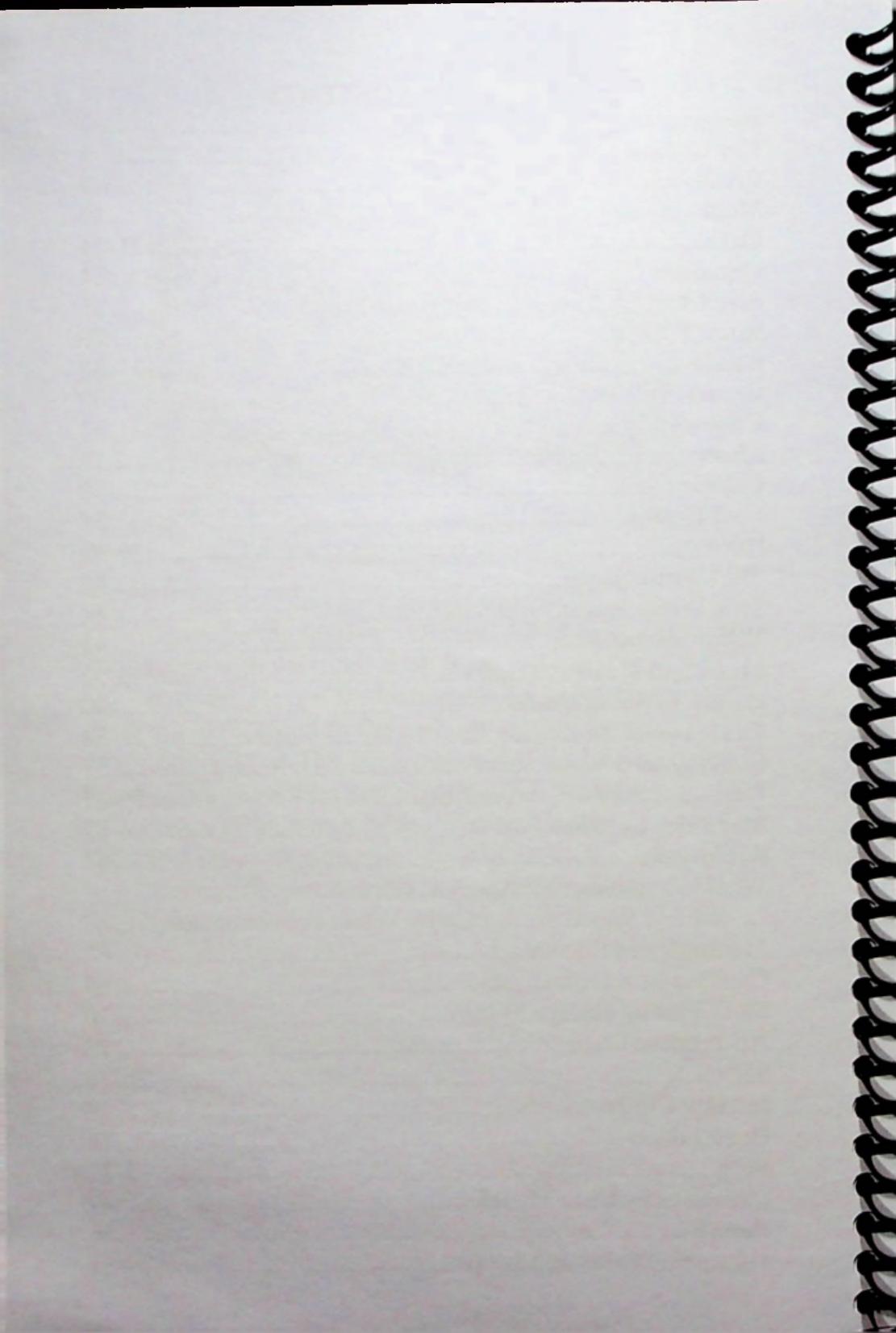


## MEMORIES

Many of you gave an oral account of remembering Mother's kitchen. All of them begin with the wood cook stove and carrying in wood. Next is the homemade bread Mother baked followed by the oatmeal usually served for breakfast. Her large garden and the home grown vegetables and pumpkins for pumpkin pies rank high also. Many of us remember making cottage cheese, lye soap, pickles and piccalilli made with cucumbers or green tomatoes.

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## BEVERAGES

### Lemonade

6 lemons	4 C. water
$\frac{1}{2}$ to $\frac{2}{3}$ C. sugar	

Squeeze juice from lemons and mix with the water and sugar.

Submitted by Irene Hepler Smith.

### Cocoa

2 to 3 Tbsp. cocoa	$\frac{1}{8}$ tsp. salt (optional)
$\frac{1}{2}$ C. water	1 qt. milk
1 to 2 Tbsp. sugar	

Mix together and heat until hot. Whipped cream or marshmallows can be added when serving as desired.

Submitted by Irene Hepler Smith.

### Hot Cocoa Mix

4 C. dry milk powder	$\frac{1}{2}$ C. cocoa powder
2 C. powdered sugar	$\frac{2}{3}$ C. coffee creamer
$\frac{1}{4}$ tsp. salt	$\frac{1}{3}$ C. malted milk powder (optional)

Mix all ingredients blending well. To serve add  $\frac{1}{4}$  C. mix to 1 C. boiling water. Top with marshmallow. Yield:  $7\frac{1}{2}$  cups of mix which makes approximately 30 cups of cocoa.

Note: you can use flavored coffee creamer for variation and also substitute Splenda for powdered sugar to lower calories.  
Submitted by Elsie Menefee.

### Instant Cocoa

2 C. dry milk	1 C. sugar
$\frac{1}{3}$ C. cocoa	$\frac{1}{2}$ tsp. salt

Sift all together. This recipe is in Mother's handwriting.

Submitted by Susan Thacker.



## Dry Cottage Cheese

4 cups powdered milk

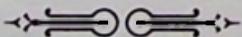
3 qt. warm water

1 cup buttermilk

Mix well, sour milk in a container until well clabbered. (I use the same container that will be used to cook it in on the stove.) This will take about 4 days. Put container over very low heat until warm, (just hot enough to prevent you from sticking your finger in it), but do not boil. Cut curds in quarters and flip over with a spoon. Let set in whey with the heat off for 30 minutes or longer. Pour into a colander lined with cheese cloth to drain. Let it set until well drained.

This can be used in any recipe calling for dry cottage cheese. We also like it mixed with cream, salt, and pepper all to taste. This is for all the "oldies" who can remember making our own cottage cheese from whole milk which most of us don't have now. This is pretty similar if you let it dry sufficiently. Powdered buttermilk will work as well as fresh buttermilk in this recipe. Submitted by Velma Pretzer.

Velma also adds that to make cottage from whole milk, the milk must be whole or raw milk. It will not work with pasteurized or homogenized milk. To make cottage cheese from whole milk use the same process as above.



## BREADS AND MUFFINS

### Cornmeal Cheese Biscuits

½ C. whole wheat flour	½ tsp salt
¾ C. white flour	½ C. butter
½ C. cornmeal	
½ C. American or Cheddar cheese shredded	
2 tsp. sugar	1C. Milk
1 Tbsp. baking powder	

Preheat oven to 350 degrees. In a bowl, combine dry ingredients; cut in butter until crumbly. Stir in cheese and milk just until moistened. Drop ¼ cupfuls onto a cookie sheet dusted with flour to prevent sticking. Bake at 350 degrees until light brown, approximately 15 to 20 min.

Submitted by Elsie Menefee

### Cornbread

1 C. flour	3 Tbsp. oleo
3 tsp. baking powder	1 egg
½ tsp. salt	1 C. Warm milk
¾ C. cornmeal	⅓ C. sugar

Combine dry ingredients; cut in soft oleo. Add milk, mixing just to moisten dry ingredients. Bake 25 minutes at 375 degrees. Fills an 8" x 8" or round cake pan. Submitted by Elsie Menefee. This is a recipe that I got from Mother when I was in high school.

### Butter Biscuits

2 sticks real butter (equals 1 cup) softened	
8 ounces sour cream	
2 C. self-rising flour	

Preheat oven to 450 degrees mix butter and flour, then add sour cream, drop by spoonfuls into tiny cup muffin tins or tartlet pans. Bake at 450 degrees for 8 to 10 minutes. Makes about 50 small bite sized biscuits. Submitted by Elsie Menefee

## Dried Cherry Muffins

4½ tsp. shortening	1/3 C. sugar
1 egg	¾ C. all purpose flour
½ tsp. baking soda	¼ tsp. salt
¼ C. buttermilk	½ C. dried cherries

Mix in order given. Bake at 350 degrees for 20 to 25 Minutes. Yields 6 muffins. Submitted by Lola Amend.

## Cranberry Muffins

2 C. shredded unpeeled apples	1 1/3 C. sugar
1 C. chopped cranberries	2 C. shredded carrots
1 C. chopped pecans	2½ C. flour
1 Tbsp. baking powder	½ tsp. salt
2 tsp. cinnamon	2 eggs slightly beaten
½ C. vegetable oil	

Combine apples and sugar. Gently fold in cranberries, carrots, and nuts. Combine dry ingredients; add to mixing bowl. Mix well to moisten dry ingredients. Combine eggs and oil; stir into apple mixture. Fill 18 greased muffin tins  $\frac{2}{3}$  full. Bake at 375 degrees for 20 to 25 minutes. Cool 5 minutes. Yields 18 muffins. Submitted by Lola Amend.

## Oatmeal Muffins

1 C. oatmeal	1 egg
1½ C. Oil	1 tsp baking powder
1 C. buttermilk	½ C. brown sugar
1 C. flour	¼ tsp. each salt and soda

Soak oatmeal in buttermilk for 30 minutes Mix egg, sugar, and oil together and add the oatmeal mixture. Combine dry ingredients and add the liquid mixture. Line muffin pans with paper liners and fill  $\frac{2}{3}$  full and bake at 400 degrees for 15 to 20 minutes or until lightly browned. Note: dry powdered buttermilk can be used instead of fresh buttermilk. Soak oatmeal in 1 C. water and add  $\frac{1}{4}$  C. dry buttermilk powder to dry ingredients. Submitted by Velma Pretzer.

## Morning Glory Muffins

2 C. flour	1 1/2 C. white sugar
2 tsp. baking soda	2 tsp. cinnamon
1/2 tsp. salt	2 C. grated carrots
1/2 C. chopped nuts	1/2 C. raisins
1/2 C. coconut	1 grated apple
3 eggs	1 C. oil
1 tsp. vanilla	

Whip liquid ingredients together. Combine dry ingredients and add to liquid ingredients, mix thoroughly. Pour into muffin pans and bake at 350 degrees for 20 minutes. Submitted by Velma Pretzer

## Spoon Rolls

2 pkgs dry yeast	2 C. warm water
1/2 C. oleo, melted	4 C. self-rising flour
1 egg slightly beaten	1/4 C. sugar

Dissolve yeast in warm water. Let stand 5 minutes. Combine yeast, oleo, and flour in a large mixing bowl. Stir in egg and sugar. Mixture will be very soft. Cover and refrigerate over night. Preheat oven to 350 degrees. Spoon batter into greased muffin pans filling muffin cups to 2/3 full. Bake 25 minutes. Yields 16 muffins. Submitted by Velma Pretzer.

## Buttermilk Donuts

2 C. buttermilk	1 tsp. soda
2 pkg. Yeast dissolved in 1/2 c. warm water	6 Tbsp. margarine
2 eggs beaten	4 Tbsp. sugar
2 tsp. salt	flour

Mix all ingredients together with enough flour to make stiff dough. Knead and let rise once. Roll out to make long johns or donuts. Let rise again. Fry in deep fat at 375 degrees. Glaze donuts while still warm. Let long johns cool slightly, then frost them. This is a recipe mother got from Viola Riley. Submitted by Frieda Martin.

## Apricot Peach Bread

3½ C. flour	1 C. salad oil
1½ tsp. salt	2/3 C. water
1 tsp. nutmeg	4 eggs
1 tsp. cinnamon	2 tsp. baking soda
2 C. peaches, pumpkin, or Apricots Cooked and pureed	
3 C. sugar	nuts if desired

Sift together dry ingredients and make a well. Blend fruit, eggs, and liquids together and pour in the well in the dry ingredients. Stir until well blended, then into a greased and floured loaf pan. Bake at 350 degrees for about an hour. This makes 3 large loaf pans or 4 small pans. Do not fill pans over half full. This is also good toasted and lightly buttered.  
Submitted by Marietta Martin.

## Blueberry Orange Bread

2 Tbsp margarine	1 egg
¼ C. boiling water	1 C. sugar
¼ C. orange juice	2 C. flour
Remove 1 Tbsp. for glaze	1 tsp. baking soda
3 Tbsp. orange rind grated	1 C. blueberries
1 tsp. salt	

Preheat oven to 350 degrees. Grease 2 ( $7\frac{3}{4}$ " x  $3\frac{5}{8}$ ") loaf pans. Melt margarine over water. Add juice and rind. Beat in egg and sugar. Sift together, flour, salt, and baking soda. Add to mixture, fold in blueberries. Pour into pans. Bake 50 to 60 minutes.

Combine for Glaze:  $\frac{1}{2}$  C. powdered sugar, 1 Tbsp. hot water, 1 Tbsp. orange juice. Drizzle over bread while still hot. Cool 10 minutes and remove from pan. Submitted by Marietta Martin.

## Sourdough Starter and Bread

For starter place 1 cup of milk in a glass jar or crock (not metal) and allow it to stand at room temperature for 24 hours. Stir in 1 cup of flour and leave uncovered in a warm place for 2 to 5 days: 80 degrees is ideal. The length of time depends on

how long it takes to bubble. If it starts to dry out, stir in enough tepid water to bring it back to its original consistency. Once it has a good sour aroma and is full of bubbles it is ready to use. Try to maintain 1½ cups of starter, each time you use part replenish it with a mixture of equal parts milk and flour. Leave at room temperature several hours or over night. I kept this in the refrigerator and set it out over night before using it. I kept it a number of years, then lost it by not using it often enough. Submitted by Wilma Hepler Wooden. *Editor's Note: 1 tsp. sugar per cup of flour makes the starter work faster. Also tepid water can be substituted for milk if you add 1 Tbsp. sugar.*

### Sourdough bread

In a large bowl mix 1 cup starter, 2½ cups water and 5 cups flour. Cover and leave overnight at room temperature. Then combine 3 Tbsp. melted shortening with 2 Tbsp. sugar or molasses, 1 Tbsp. of salt and add it to the first mixture. Stir until well blended.

Turn out the dough on 2½ cups of flour spread out on a board. Knead until satiny, adding flour if needed. Let rise until double. Shape into loaves and place into buttered loaf pans. Let rise in a warm place until nearly doubled. Brush with melted butter. Bake in a hot oven, (400 degrees) about 45 minutes. Turn out of pans and cool. Makes 2 loaves. Submitted by Wilma Hepler Wooden.

### Rhode Island Johnnycake

3 C. white corn meal	2 Tbsp sugar
1 qt. boiling water	½ C. milk (about)

Sift meal with dry ingredients and mix thoroughly. Thin with milk using more or less of the quantity specified as needed for a thin batter. Drop by spoonfuls onto a hot well-greased griddle. Cook slowly on both sides. Frying time is about 20 minutes for each griddleful of cakes - each cake 3" in diameter. Yield 22 johnnycakes. This recipe is an American Original and traces back to the Pawtuxet Indian tribe who taught the first settlers how to make them from corn. Submitted by Elsie Menefee.

## Gingerbread with Sorghum

½ C. shortening	¾ C. brown sugar
2 eggs	½ C. sorghum
½ tsp. each grated orange and lemon peel	
2 C. flour	1 tsp. ginger
1 tsp. cloves	1 tsp. cinnamon
1 tsp. allspice	1 tsp. baking soda
½ tsp. salt	1 C. boiling water

Cream shortening and sugar; add eggs, orange and lemon peel and mix well. Sift flour, spices, soda, and salt together, add to creamed mixture and beat for 2 minutes. Stir in boiling water; beat 1 minute. Pour into a greased 9" x 9" pan and bake 350 degrees for 30 to 35 minutes Cool in pan. Submitted by Elsie Menefee.

## Coffee Cake

1 egg beaten	1 C. sugar
½ C. milk	2 Tbsp. melted shortening
1 C. sifted flour	2 tsp. baking powder
½ tsp. salt	

Combine egg, sugar, milk, and shortening; sift flour with baking powder and salt. Add to sugar mixture; mix well. Pour into a paper-lined 8 x 8 baking pan; sprinkle with topping and bake at 375 degrees for 20 to 25 minutes.

Topping: Combine all ingredients, ¼ c. brown sugar, 1 tsp. cinnamon, 1 Tbsp. flour, 1 Tbsp. melted butter, and ½ C. nuts. Submitted by Susan Thacker.

## Wamego High School Orange or Orange-Date Bread

Mix: ⅔ C. sugar, ½ C. shortening, 2 eggs, stir in juice and pulp of 1 orange plus water to equal 1 cup.

Sift together and stir in; 2 C. flour, 1 tsp. baking powder, ½ tsp. baking soda, and ½ tsp. salt. Blend in ½ C. nuts and 1 C. chopped dates (optional). Pour into a greased loaf pan and bake at 350 degrees for 50 to 60 minutes. Submitted by Berta Hepler.

## Beer Bread

3 C. self-rising flour

$\frac{1}{4}$  to  $\frac{1}{3}$  C. sugar (depending on how sweet you want it)

$\frac{1}{2}$  to 1 tsp. kosher sea salt

Combine above ingredients in a bowl. When all of the dry ingredients are well blended, pour in one 12-oz. bottle of your favorite beer and stir it all together. Plunk dough in a buttered loaf pan and bake in a preheated oven at 375 degrees for 50 minutes. About 5 minutes before the bread is done, pour 2 Tbsp. of melted butter over top of the loaf, into all of the nooks and crannies that have developed as the bread rose in the oven. When it is done, let it rest a bit. The bread does not necessarily slice in a neat and tidy manner. Submitted by Susan Thacker.

## Wamego High School Cranberry Bread

Mix:  $\frac{1}{4}$  C. shortening, 1 C. sugar, and 2 eggs. Stir in 1 tsp. vanilla. Stir in 2 C. flour,  $1\frac{1}{2}$  tsp. baking powder,  $\frac{1}{2}$  tsp. baking soda, and 1 tsp. salt (optional). Add  $\frac{1}{4}$  C. milk, and  $\frac{1}{2}$  C. orange juice. Fold in 1 C. cranberries cut in half, and  $\frac{1}{2}$  C. nuts. Pour into 2 small loaf pans and bake at 325 degrees for 40 minutes. Submitted by Berta Hepler.

## Homemade Biscuits

2 C. sifted flour

1 Tbsp. baking powder

1 tsp. salt

$\frac{1}{4}$  C. mayonnaise

1 C. milk

1 tsp. sugar

Preheat oven to 375 degrees. In a large bowl, sift flour, baking powder, and salt. Add mayonnaise, milk, and sugar, mix until smooth. Mix 2 or 3 minutes until you have a soft white dough. Dough will be slightly sticky. Drop by floured tablespoons onto a greased 11" x 7" cookie sheet or fill 12 muffin tins  $\frac{2}{3}$  full. When baking on a cookie sheet, dough will spread out during baking. Bake 18 to 20 minutes. When biscuits are done they will look light golden brown in color and have a light fluffy texture. Makes 12 3-inch biscuits. Submitted by Elsie Menefee.



## Memories by Frank Martin

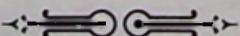
Edited by Elsie Menefee

Any anecdotes that I could tell you are probably written in "Frank Martin's Family Memories". One of the best ones are things I heard Mother tell. One of them happened in the fall of 1933. That was a good year for pumpkins; we had a lot of them. One of the ways that Mother used pumpkins was to bake pumpkin pies. I hope you have her recipe. As Mother told it; Edgar got into the pumpkin pies on his birthday. When Dad came in for lunch that day, he asked Edgar "how old are you?" Edgar's quick reply was "I'm three pies old".

I remember that when I was a boy, I didn't like most vegetables, especially when they were cooked. Maybe a little seasoning would have made them taste better. I did like cooked potatoes with a little salt on them. I remember one meal when I took a generous helping of what I thought was potatoes. I was very disappointed when I discovered that it was turnips, cut in chunks so they didn't look like turnips.

When I was home, Mother baked a lot of bread. She may not have baked every day, but there was bread in the oven or bread dough in process every day.

Editor's note: Mother's pumpkin pie and all of her recipes were made with ingredients raised right there on the farm and were fresh, as well as being made on a wood stove both of these factors make them taste different than things made with ingredients bought in a store and baked on either a gas or electric stove.



## CAKES

### Puddle Cake

Combine and mix the following dry ingredients in an 8" x 8" ungreased baking pan.

1 C. sugar	1 ½ C. flour
1 tsp. baking soda	4 Tbsp. Cocoa powder

Next create 3 holes in the dry mix. Put the following in each hole:

1 tsp. vanilla	1 Tbsp. Vinegar
4 Tbsp. cooking oil	

Now pour 1 cup of water over everything and stir with a fork until blended with dry ingredients. Bake in a 350 degree oven for 40 minutes. Lola Amend

### Prince of Wales Cake

2 C. brown sugar	1 tsp. cinnamon
1 C. butter	1 tsp. nutmeg
1 C. sour milk	1 tsp. cloves
4 C. flour	2 Tbsp. molasses
2 tsp. soda	½ tsp. baking powder
2 egg yolks or 4 whole eggs	
1 C. each nuts and raisins	

Mix in order given and bake in a loaf pan for 1 and ½ hours in a pre-heated 300 degree oven. This recipe is from 1926.  
Submitted by Lola Amend.

### Cocoa Cake (without eggs)

1 C. sour milk or buttermilk	2 C. brown sugar
½ C. cocoa	2½ C. flour
½ C. lard or shortening	1 tsp. vanilla

Last of all add ½ cup hot water to which 1 level tsp. of baking soda has been added. Mix in order given, makes 3 layers. Bake in pre-heated oven at 350 degrees for 30 to 35 minutes or until toothpick inserted in center of cake comes out clean. This recipe dates back to 1926. Submitted by Lola Amend.

## Mayonnaise Cake

2 C. flour  
1 C. sugar  
 $\frac{1}{4}$  tsp. salt

5 Tbsp. cocoa  
2 tsp. baking soda

Mix together:

1 C. hot water      1 C. mayonnaise

Mix all ingredients together and bake at 350 degrees for 30 minutes.

## Lemon-Glaze Icing:

$\frac{1}{4}$  C. lemon juice      1 $\frac{3}{4}$  C. confectioners' sugar

Submitted by Elsie Menefee.

## Preacher's Chocolate Cake

1 C. brown sugar  
 $\frac{1}{2}$  C. shortening  
2 Tbsp. vinegar  
2 tsp. baking soda  
 $\frac{1}{2}$  tsp. salt

1 C. white sugar  
2 eggs  
2 C. flour  
 $\frac{1}{3}$  C. cocoa  
1 tsp. vanilla

Lastly add 1 cup of boiling water. Bake in a 9" x 13" pan at 350 degrees for 40 minutes. Submitted by Velma Pretzer.

## Fruit Cocktail Cake

1 egg  
1 17-oz. can fruit cocktail  
2 tsp. baking soda  
 $\frac{1}{2}$  C. nuts.

1  $\frac{1}{2}$  C. sugar  
2 C. flour  
 $\frac{1}{2}$  tsp. salt

Beat egg and sugar together; sift dry ingredients together and add to egg mixture; drain fruit cocktail and add liquid to the batter, then fold in fruit and nuts. Bake in an 8" x 12" pan at 350 degrees for 30 to 40 minutes. Cover with topping while cake is still warm.

## Topping:

1 stick oleo  
1 C. sugar  
 $\frac{1}{4}$  C. chopped nuts

$\frac{2}{3}$  C. evaporated milk  
1 tsp. vanilla

Combine ingredients in order given and cook over low heat for 12 minutes stirring constantly. Pour over cake while still hot. Submitted by Lola Amend.

### Raw Carrot and Raw Beet Cake

1½ C. sugar	1 C. cooking oil
1 tsp. vanilla	2 eggs
2 Tbsp. hot water	2 C. flour
2 tsp. baking powder	½ tsp. salt
1 tsp. cinnamon	1 C. chopped nuts
1 C. chopped raw carrots	1 C. chopped raw beets

Combine sugar, cooking oil, vanilla, eggs, and hot water and beat for 3 to 4 min to dissolve the sugar. Sift dry ingredients together and add to the first mixture, a little at a time. Then stir in nuts, carrots and beets. Pour batter into a greased 13" x 9" pan and bake in 350 degree oven for 55 minutes. Submitted by Lola Amend.

### Rhubarb Cake

2 C. sifted flour	1 tsp. cinnamon
1¼ C. sugar	¼ tsp. allspice
1 tsp. baking soda	¼ tsp. cloves
1 tsp. salt	½ C. shortening
2 eggs	2 C. chopped rhubarb

Sift dry ingredients together. Cream shortening with eggs and milk. Add dry ingredients and rhubarb and mix thoroughly. Pour into a 9" x 9" greased and floured pan.

### Topping:

⅓ C. flour	2 Tbsp. cold butter
¼ C. brown sugar	¼ C. chopped nuts
½ tsp. cinnamon	

Mix together and sprinkle on top of batter. Bake at 350 degrees 35 to 40 minutes or until a toothpick inserted in center of cake comes out clean Submitted by Lola Amend.

## Pudding Cake

### First layer:

- ¾ C. chopped pecans
- 1½ Sticks margarine melted
- 1¼ C. flour

Mix together and spread in a 9" x 13" pan. Bake 10 minutes at 250 degrees then cool.

### Second layer:

- 1 (8 oz.) pkg. Cream cheese (room temperature)
- 1 C. Powdered sugar
- 1 C. Cool Whip (get large size)

Beat together and spread over first layer

### Third layer:

- 1 box instant vanilla pudding
- 1 box instant chocolate pudding
- 3 C. cold milk

Beat together and pour over previous layer.

### Fourth layer:

Spread remaining Cool Whip over top and sprinkle with chopped nuts or grated chocolate. Submitted by Lola Amend.

## Chocolate Zucchini Cake

2½ C. sifted flour	¾ C. nuts
¼ C. cocoa	1¾ C. sugar
1 tsp. baking soda	2 eggs
1 tsp. salt	1 tsp. vanilla
½ C. butter or oleo	½ C. buttermilk
½ C. oil	2 C. unpared grated zucchini, drained
½ tsp. cloves	½ tsp. cinnamon
1 (6-oz.) pkg. chocolate chips	

Sift dry ingredients together and set aside. Cream butter, oil, and sugar together; beat until light and fluffy. Beat eggs one at a time into the creamed mixture. Add the dry ingredients alternately with the buttermilk, beating well after each addition. Stir in zucchini and pour into a lightly greased 13" x 9" pan. Sprinkle with chocolate chips and chopped nuts. Bake in a 325 degree oven for 55 minutes. Submitted by Lola Amend.

### Sausage Cake

1 lb. sausage	1 C. pecans
3 C. brown sugar firmly packed	1 egg, beaten
2 tsp. baking soda	3 tsp. baking powder
1 tsp. nutmeg	1 C. strong black coffee
2 tsp. cinnamon	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ C. raisins or dates chopped	2 tsp. vanilla

Mix sugar with sausage and add egg. Sift dry ingredients together and add alternately with coffee. Add vanilla and beat well. Dredge fruit and nuts in flour to prevent sticking and add to mixture. Pour in to a well greased and floured tube pan. Bake at 350 degrees for 1 $\frac{1}{4}$  hrs. Submitted by Elsie Menefee.

### Beer Cake

2 C. packed brown sugar	2 C. chopped dates
1 C. shortening	2 tsp. baking soda
2 eggs	$\frac{1}{2}$ tsp. salt
3 C. flour	2 Tbsp. cinnamon
2 C. beer	$\frac{1}{2}$ tsp. allspice
1 C. chopped pecans	$\frac{1}{2}$ tsp. ground cloves

Cream brown sugar and shortening until smooth, add eggs, blending well. Combine dry ingredients; add to creamed mixture alternately with beer, beating well after each addition. Stir in pecans and dates. Spoon batter into well greased and floured 10-inch tube pan. Bake at 350 degrees for 1 hr. and 15 minutes. Cool. Frost with Carmel Frosting.

### Carmel Frosting

$\frac{1}{2}$ C. melted butter	$\frac{1}{4}$ tsp. salt
1 C. packed brown sugar	1 tsp. vanilla
$\frac{1}{4}$ C. Milk	2 C. powdered sugar

Cook butter and sugar over low heat, stirring constantly, until sugar is dissolved. Add milk and bring to a boil. Remove from heat. Cool slightly, and then add salt and vanilla and powdered sugar. Beat to spreading consistency. Submitted by Elsie Menefee.

## Yellow Angel Food Cake

1½ C. sugar	1 C. cake flour
8 eggs (9 if eggs are small)	¼ tsp. salt
1 tsp. cream of tartar	1 tsp. vanilla
½ C. water	

Sift flour 6 times, once before measuring. Beat egg yolks until VERY thick. Make syrup with sugar and water cook until it spins a thread - about 10 minutes after it boils. Add syrup to egg yolks beating constantly while adding syrup. Beat until cool; add flour and vanilla to above mixture. Beat egg whites until they hold a peak. Add salt to egg whites when you start beating, add cream of tartar when foamy. Fold egg whites into other mixture. Preheat oven to 250 degrees. When cake is put into the oven turn heat up to 340 degrees and bake 1 hour. This recipe is from a cookbook compiled by Wichita Guidance Center copyright 1968. It is also in my Czech cookbook from about the same time frame. I have made this recipe several times instead of a regular angel food cake. This way I do not have left over egg yolks. Submitted by Elsic Menefee.

## Nut and Raisin Cake

1 lb. raisins	1 lb. English Walnuts
1 C. ribbon cane syrup	1 C. hot water
1 C. Butter	½ C. cocoa
4 eggs (4 yolks plus 2 whites)	1 C. sugar
1 tsp. soda	2 tsp. baking powder
Enough flour to make a soft batter.	

(Try 3 Cups) then add more if needed.

Small amount of allspice

## Icing:

1½ C. sugar	2 egg whites
1 Tbsp. karo syrup	⅓ C. water

Cook in double boiler Start beating when you put it on the stove. This is a very old recipe submitted by Betty Martin taken from a hand written recipe given to her by her Aunt Laura Porterfield.

### Dob's Pound Cake

1 lb. margarine at room temp.	4 C. flour (do not sift)
6 eggs (room temperature)	1 small can milk
3 C. sugar	1 Tbsp. flavoring (your choice)

Mix by hand or mixer, cream butter and eggs; add sugar, then milk, flour and flavoring. Batter will be very stiff. Pour into well greased and floured tube pan. Put in cold oven and set temperature at 300 degrees. Bake for 1 hour and 45 minutes or 2 hours. Should crack and be golden brown when done.  
Submitted by Betty Martin. This is her sister Dob's recipe.

### Don't Stay Around Long Cake

3 C. flour	1 tsp. baking soda
2 C. sugar	1 tsp. salt
1 tsp. cinnamon	

Mix together and add:

3 beaten eggs	1½ C. oil
1 (8 oz.) can crushed pineapple, drained	
2 C. mashed bananas (about 4)	
1 C. chopped nuts	1 tsp. vanilla

Stir until moist; do not beat. Bake in a greased tube pan for 1 hour and 15 minutes at 350 degrees. Submitted by Betty Martin.

### Nutty Peach Crisp Cake

1 (29 oz.) can sliced peaches undrained	
½ C. oleo or butter melted	
1 pkg. butter pecan cake mix (dry)	
1 C. flaked coconut	
1 C. chopped pecans or walnuts	

Heat oven to 325 degrees. Layer all ingredients in order shown, in a 9 x 13 pan. Bake 55 to 60 minutes or until top is golden brown. Let stand 15 minutes before serving. Serve warm or cool. May be served with whipped cream or ice cream. Submitted by Betty Martin.

## Coca Cola Cake

2 C. unsifted flour	½ C. buttermilk
2 C. sugar	2 eggs
2 sticks oleo	1½ tsp. vanilla
2 Tbsp. cocoa	½ tsp. salt
1 C. Coca-Cola	1½ C. marshmallows
1 tsp. baking soda	

Sift flour with sugar in a bowl. Heat oleo, cocoa, and Coke to a boiling point. Pour over flour mixture. Add buttermilk, soda, eggs, vanilla, salt, and marshmallows. Batter will be thin and marshmallows will float on top. Pour into a pan sprayed with Baker's Joy, and bake at 350 degrees for 30 to 35 minutes.  
Submitted by Betty Martin.

## Cola Cake Icing

½ C. butter	1 box powdered sugar
2 Tbsp. cocoa	1 C. chopped nuts
6 Tbsp. Coke	1 tsp. vanilla

Combine butter, cocoa, and coke, and heat to a boil. Pour over sugar and add remaining ingredients. Submitted by Betty Martin.

## WWII Milkless, Butterless, Eggless Fruit Cake

2 C. raisins	2 C. brown sugar
2 tsp. cinnamon	2 C. boiling water
1 tsp. nutmeg	1 tsp. cloves
Dash of salt	1 C. lard or shortening

Boil above ingredients on stove for 2 minutes. Remove from heat and cool. Dissolve 2 tsp. baking soda in warm water and add to above mixture, then add 3½ C. flour and 1 C. nuts. Bake 1¼ hours at 325 degrees. This recipe came from our Aunt Christie Hepler. Submitted by Elsie Menefee.

## Blackberry Cake

2 C. sugar	1 C. Butter
4 eggs beaten	3 C. flour
1 tsp. ground cloves	1 tsp. nutmeg
1 tsp. cinnamon	1 tsp. baking soda
1 tsp. baking powder	1 C. buttermilk
1½ C. fresh or frozen and drained blackberries	

Cream sugar and butter then add eggs. Combine flour, spices, baking soda and baking powder; stir into creamed mixture alternately with buttermilk. Carefully fold in berries. Bake at 350 degrees in 3 greased and floured 8-inch pans for 30 minutes. Cool on a wire rack.

## Icing for Blackberry Cake

1 C. butter	1 box (1 lb.) powdered sugar
1 tsp. vanilla	3 Tbsp. cold coffee

Beat all ingredients together until fluffy. Add more coffee if necessary. Spread frosting between cake layers and on sides and top of cake. Submitted by Elsie Menefee.

## Applesauce Cake

1 egg	½ C. butter
1 C. sugar	1 C. raisins
1 C. applesauce	1 tsp. soda mixed in the apple sauce

Combine above ingredients then add:

2 tsp. cocoa	½ tsp. cloves
1 tsp. cinnamon	2 C. flour
Nuts if desired	

Sift dry ingredients together and add to first mixture.

Submitted by Wilma Hepler Wooden. *This was her Grandma Eva's recipe.* No baking instructions were given, but most cakes are baked at 350 degrees. This should fit in an 8" x 8" pan, and will probably take 35 to 40 Minutes to bake.

## Carrot Cake

Mix together:

1½ C. salad oil

4 beaten eggs

2 C. sugar

Sift:

2 C. flour

1 tsp. soda

1 tsp. cinnamon

1 tsp. salt

1 tsp. baking powder

Add to egg mixture. Add 3 C. finely grated carrots. Bake in a 9" x 13" pan at 350 degrees for 45 minutes.

Frosting:

Dissolve ½ C. brown sugar in ½ C. water in a pan. Add 1 Tbsp. butter and 1 tsp. vanilla. Add powdered sugar to a spreading consistency. Use a little half and half and powdered sugar to make enough to cover top and sides of cake if needed. You can add chopped nuts to the cake and or frosting if desired. Submitted by Frieda Martin. This is Ann Martin's recipe.

## No Bake Cheesecake

2 (8 oz.) tubs Fat Free Philly Cream Cheese

1 C. Splenda

½ can fat free pet milk (frozen)

1 pkg. lemon Jell-O made with ½ C. Water

1 Tbsp. lemon juice

1 graham cracker crust

ground cinnamon

Mix first 2 ingredients together well and set aside. In a separate bowl whip the next 3 ingredients together then add to other bowl and blend well. Pour evenly into crust. Sprinkle cinnamon on top and chill at least 3 hours. Best if chilled overnight. Submitted by Lola Amend.

## Great Pumpkin Dessert

1 can (15 oz.) solid-pack pumpkin  
1 can (12 oz.) evaporated milk  
3 eggs  
1 C. sugar  
4 tsp. pumpkin pie spice  
1 pkg. (18½ oz.) yellow cake mix  
¾ C. butter melted  
1½ C. chopped walnuts  
Vanilla ice cream or Whipped Cream

In a mixing bowl combine the pumpkin, milk, eggs, sugar, and spice. Transfer to a greased 13" x 9" baking pan. Sprinkle with dry cake mix and drizzle with butter. Top with walnuts. Bake at 350 degrees for 1 hour or until a knife inserted in the center comes out clean. Serve with ice cream or whipped cream. Submitted by Lola Amend.

## Key Lime Cake

1 pkg. yellow cake mix	8 oz. sour cream
3 eggs	⅓ C. vegetable oil
¼ C. Key lime juice	1 Tbsp. lime zest

Combine all ingredients; mix on low speed of electric mixer until blended then increase speed to medium and beat for 2 minutes. Bake at 350 degrees in a buttered floured Bundt pan until toothpick inserted in center comes out clean approximately 45 minutes.

## Glaze for Key Lime Cake

½ C. lime juice	¾ C. sugar
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Heat until sugar melts; set aside until cake is done. Poke holes in cake and drizzle with glaze. Sprinkle with powdered sugar just before serving. Submitted by Elsie Menefee.

## Brownstone Cake

Mix dry:

6 Tbsp. cocoa

2 C. Sugar

2½ C. flour

2 tsp. soda

Pinch of salt

Add 2 C. cream (sweet or sour) into which has been stirred 4 well beaten eggs. Bake in a moderate oven (350 degrees) until done. This is another recipe from Aunt Christie.  
Submitted by Elsie Menefee.

## Fresh Strawberry Cake

1 pkg. white cake mix

1 C. vegetable oil

4 beaten eggs

1 pkg. strawberry Jell-O dissolved in ½ C. hot water

1 C. drained strawberries (either fresh or frozen)

Mix ingredients together and bake at 300 degrees about 40 minutes. Makes 3 8 or 2 9 cake tins.

## Icing for Strawberry Cake

1 pkg. confectioner's sugar                  ½ C. Crisco

Enough strawberry juice for a good consistency

Mix ingredients together until well blended and smooth, until it is the desired consistency. Submitted by Elsie Menefee.

## Vanilla Wafer Cake

1 12-oz. pkg. vanilla wafers

2 sticks margarine (1 cup)                  2 C. sugar

6 eggs                                          ½ C. milk

1 7-oz. pkg. flaked coconut                  1 C. chopped pecans

Crush vanilla wafers in blender or with rolling pin. Cream margarine, gradually add sugar; cream well. Add eggs one at a time, beating well after each addition. Add wafer crumbs and milk alternately. Add coconut, and fold in pecans. Pour into a greased and floured 10-inch tube pan. Bake at 325 degrees for 1 hour and 15 minutes. Let stand in pan for a few minutes before turning out. This cake is better served a day after baking  
Submitted by Elsie Menefee.

## Kraut Surprise Cake

2/3 C. butter	1 1/3 C. sugar
3 eggs	1 tsp. vanilla
1 tsp. baking powder	2 1/4 C. flour
1/2 C. cocoa	1 tsp. baking soda
1/4 tsp. salt	1 C. water
2/3 C. rinsed, drained, and chopped sauerkraut	

Cream butter with sugar; beat in eggs, one at a time. Add vanilla. Sift together all dry ingredients and add to creamed mixture alternately with water. Stir in kraut. Turn into 2 greased 8-inch round pans lined with waxed paper. Bake at 350 degrees for 30 minutes or until cake tests done. Submitted by Elsie Menefee This is one of the best chocolate cake recipes I have ever come across. It tastes like a sour cream chocolate cake but with out the calories.

## Zucchini Cake

3 C. zucchini peeled, grated	3 C. sugar
1 1/2 C. corn oil	3 C. flour
1 1/2 tsp. cinnamon	2 tsp. baking powder
1 tsp. baking soda	4 eggs
1/2 tsp. salt	

Mix zucchini, sugar, oil, and eggs, beat well in a mixer. Combine remaining dry ingredients and mix well. Grease and flour a tube pan. Bake at 350 degrees for 60 minutes. Let cool before turning out.

### Frosting:

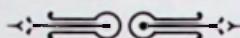
1/4 C. soft butter
2 C. powdered sugar
1 tsp vanilla.

This was one of mother's recipes given to her by Mildred Christy. Submitted by Susan Thacker .

## Grandma's Cake

Mix 2 C. brown sugar, 1/2 cup melted butter beaten well with 2 eggs; when thoroughly beaten add 1 cup sour milk, 1 tsp. baking soda, 3 cups flour, 1 tsp. baking powder, and 1 tsp. vanilla. Bake @ 350 degrees until a toothpick inserted in the center comes out clean.

This recipe is from 1916 .



## Granola

4 C. rolled oats	1 C. wheat germ
1/2 C. instant dry milk	1 C. nuts
1 C. raisins	1 C. dates, diced
1 C. sunflower seeds	1/2 C. coconut
1/2 C. butter or vegetable oil	1/2 to 1 C. honey or Sugar free Syrup
1 tsp. vanilla	1 tsp. cinnamon
1/2 tsp. cloves	1/2 tsp. ginger
1/2 tsp. nutmeg	

Preheat oven to 350 degrees. Combine all dry ingredients in a large bowl and stir thoroughly to mix. Heat the oil and honey slowly until they just begin to simmer. Remove from heat and stir in vanilla. Stir oil-honey mixture into dry ingredients, making sure to coat all the dry ingredients well. Turn mixture onto an oiled shallow baking pan and pat down well. Bake 20 to 30 minutes. It's a good idea to check the granola every now and then-to make sure the top doesn't brown too quickly. Stir carefully and pat down during baking. When completely cool store in tightly covered jars or canister. Will keep a month on the pantry shelf. If humid and damp keep in the refrigerator. Do not freeze.

Variation: any combination of dried fruit and nuts (your choice) equal to 4 cups can be used. This recipe can be used for a basis for crunchy fruity candy by mixing the cereal with a bit of honey and forming into balls and rolling in sugar. Submitted by Elsie Menefee.

## SIZE CHART FOR PANS AND BAKING DISHES

### 4-cup baking dish

9-inch pie plate

8 x 1 $\frac{1}{4}$ -inch layer pan

7 $\frac{3}{4}$  x 3 $\frac{5}{8}$  x 2 $\frac{1}{4}$  inch loaf pan

### 6-cup baking dish

8 or 9 x 1 $\frac{1}{2}$  inch layer cake pan

10 inch pie plate

8 $\frac{1}{2}$  x 3 $\frac{5}{8}$  x 2 $\frac{5}{8}$  inch loaf pan

### 8-cup baking dish

8 x 8 x 2 inch square pan

11 x 7 x 1 $\frac{3}{4}$  inch baking dish

9 x 5 x 3 inch loaf pan

### 10-cup baking dish

9 x 9 x 2 inch square pan

11 $\frac{3}{4}$  x 7 $\frac{1}{2}$  x 1 $\frac{3}{4}$  inch baking dish

15 x 10 x 1 inch jelly roll pan

### 12-cup baking dish and over

13 $\frac{1}{2}$  x 8 $\frac{1}{2}$  x 2 inch glass baking dish

13 x 9 x 2 metal baking pan      holds 15 cups

14 x 10 $\frac{1}{2}$  x 2 $\frac{1}{2}$  inch roasting pan      holds 19 cups

### Tube Pans

7 $\frac{1}{4}$  x 3 inch Bundt pan

holds 6 cups

9 x 3 $\frac{1}{4}$  inch fancy tube pan

holds 9 cups

9 x 3 $\frac{1}{2}$  inch angel cake pan

holds 12 cups

10 x 3 $\frac{3}{4}$  inch bunt pan

holds 12 cups

9 x 3 $\frac{1}{2}$  inch fancy tube mold

holds 12 cups

10 x 4 inch fancy tube mold

holds 16 cups

10 x 4 inch angel cake pan

holds 18 cups



The following recipe was submitted by Danny Amend from an 1889 cook book.

### Roast Little Pig

The little pig should be about 3 weeks old. Draw and scrape it, clean well. Cover the point of a skewer with a piece of cloth. Work the wooden skewer in the ears and clean them. Clean the nostrils the same way, also the vent of the tail. (If squeamish have the man of the house do it.). Scrape the tongue, lips, and gums with a sharp knife, wipe them with a soft cloth and take out the eyes. Wash the pig well with plenty of cold water. Wipe dry and rub a tablespoon of salt inside the pig. Make a nice stuffing of three pints of soft bread crumbs, three tablespoons of salt. One-half teaspoon of black pepper, one tablespoon of powdered sage, three tablespoons of sweet butter and three tablespoons of finely chopped onion. Mix all together, first rubbing butter into the crumbs then adding seasoning. Fill the body with stuffing. Press the fore feet forward and the hind feet backward and skewer them into position. Force the mouth open and place a block of wood between the teeth. Butter two sheets of paper and pin them about the ears. Sprinkle with salt and flour after each basting. Water should not be used if the surface of the meat is desired crisp. Remove the paper from the ears the last half hour. When ready to serve, remove the block of wood from the mouth, inserting a small ear of corn or a small lemon. Serve applesauce with this dish. In carving the roast pig, the head is cut off first, the meat split down the back, the hams and shoulders taken off and the ribs separated. A portion of dressing is served to each person.



## CANDY AND FROSTINGS

### Peanut Brittle

2 C. Sugar	1 tsp. salt
1 pint peanuts chopped	

Put sugar into an iron frying pan and heat slowly, stirring constantly until sugar is melted and turns a light brown color (slightly above 300 degrees). Spread the peanuts in a buttered pan and sprinkle with salt. Warm the tin slightly and pour melted sugar over the peanuts. Submitted by Irene Hepler Smith.

### Chocolate Fudge

2 C. sugar	2/3 C. milk
1 or 2 chocolate squares	1 tsp. vanilla
1/8 tsp. cream of tartar	2 Tbsp. butter

Mix all ingredients except butter, and boil slowly stirring until ingredients are well blended. Boil to a soft ball stage (238 degrees on a candy thermometer). Remove from heat and add the butter but don't stir it in until the shiny appearance disappears and the fudge will hold its shape when dropped from a spoon. Spread it on a buttered pan and when it hardens cut into squares. Submitted by Irene Hepler Smith

### Frosting

2 Tbsp. milk or water	1 C. confectioner's sugar
1/2 tsp. vanilla	

Mix and spread on cake or cookies. Submitted by Irene Hepler Smith

### Old Fashioned Pecan Pralines

2 C. brown sugar	1 C. White sugar
1 C. cream	3 C. pecans
1 C. water	

Combine sugars, cream and water in a sauce pan and cook to a soft ball stage (238 degrees on a candy thermometer). Remove from heat and beat until creamy. Add nuts and drop by spoonfuls onto a buttered platter. Submitted by Elsie Menefee

## Rich Cocoa Fudge

3 C. Sugar	$\frac{2}{3}$ C. Hershey's Cocoa
1/8 tsp. salt	1 1/2 C. milk
1/2 C. butter or margarine	1 tsp. vanilla

Line an 8" or 9" pan with foil and butter the foil; set aside. In a heavy 4-qt. sauce pan, stir together sugar, cocoa, and salt; stir in milk. Cook over medium heat, stirring constantly until mixture comes to a boil without stirring, to 234 degrees on a candy thermometer or until syrup when dropped into very cold water forms a soft ball that flattens when removed from water. Remove from heat and add butter and vanilla. Do not stir. Cool at room temperature to 110 degrees (lukewarm). Beat with wooden spoon until fudge thickens and loses some of its gloss. Quickly pour into prepared pan; cool and cut into squares.  
Makes 1 3/4 lbs.

Variation: Beat cooked fudge as directed. Immediately stir in 1 C. chopped nuts and spread quickly into prepared pan.

Variation 2 - Marshmallow-Nut Fudge: Increase cocoa to  $\frac{3}{4}$  cup. Cook fudge as directed. Add 1 cup marshmallow creme with butter and vanilla. Do not stir. Cool to lukewarm. Beat 10 minutes; stir in 1 cup chopped nuts and pour into prepared pan. (Fudge does not set until poured into pan.) This is the recipe that used to be on the side of the Hershey cocoa box for years. Since it is no longer on the box, I thought it would be good to include it. Submitted by Elsie Menefee

## Millionaire Candies

50 Kraft caramels melted in double boiler	
2 Tbsp. butter	2 Tbsp. water

After the caramels are melted add 2 C. chopped pecans (big pieces). Drop by teaspoons on wax paper. Let set for 2 to 3 hours. Melt 10 oz. of Hershey's candy bars and  $\frac{1}{2}$  stick of paraffin. Dip candies in this mixture and let set on wax paper. Submitted by Elsie Menefee.

## Pecan Rolls

2 C. sugar	$\frac{1}{2}$ C. white corn syrup
1½ C. pecans	1 C. light brown sugar
1 C. cream	

Boil cream, sugar, and syrup to a soft ball stage. Cool to room temperature. Beat until creamy and turn onto a board dusted with powdered sugar. Knead until firm. Shape into a roll and cover with chopped pecans. Put into a cool place to harden. When firm, slice with a sharp knife. Finely chopped pecans may be worked through the candy while it is being kneaded if desired. This is a recipe mother (Nannie Martin) from an old Welda Methodist Church cookbook. Submitted by Frieda Martin

## Oklahoma City Fudge

6 C. sugar	2 C. milk
$\frac{1}{4}$ lb. butter	$\frac{1}{4}$ tsp soda
1 Tbsp. vanilla	1½ lbs. chopped pecans

First Mixture: Combine 4 cups sugar and milk in a deep kettle. Place on low heat. Second Mixture: Put 2 cups sugar in a heavy pan. Melt sugar slowly; stir constantly to prevent scorching. When sugar is completely melted, add to first mixture, stirring constantly to prevent lumping. Cook to a firm ball stage. Remove from heat and add soda, stirring vigorously. Add butter; let stand 10 minutes. Add vanilla and beat slowly with a wooden spoon until it loses some of its gloss. Add pecans and pour into a buttered dish. Cut into squares when cool. Submitted by Elsie Menefee.

## Easy Blueberry Chocolates

Ingredients: fresh blueberries and chocolate pieces

Melt chocolate in the microwave and pour some into molds. Next place 3 blueberries in the chocolate in each mold, and then cover with more chocolate. Chill in the refrigerator until set. Melt white chocolate and drizzle over the chocolates. Submitted by Elsie Menefee.

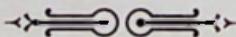
## Twice Cooked Divinity

Stir 2 cups sugar into  $\frac{1}{2}$  cup corn syrup,  $\frac{1}{2}$  cup water, and a dash of salt until dissolved. Boil to medium ball stage (240 degrees). Slowly pour  $\frac{1}{3}$  over 2 stiffly beaten egg whites, beating constantly. Cook remaining syrup to a very hard ball stage (265 degrees). Test. Add several drops to water. Mixture will form a firm ribbon that bends when lifted from water. Beat syrup in candy mixture; continue beating. When mixture holds its shape when dropped from a spoon, add 1 tsp. vanilla. Drop from teaspoon onto a greased cookie sheet. Double cooking takes longer but is a foolproof way to make fluffy divinity.  
Submitted by Elsie Menefee.

## White Mountain Icing

$\frac{1}{4}$ C. sugar	$\frac{1}{4}$ C. white corn syrup
2 Tbsp. water	2 egg whites
1 tsp. vanilla	

Stir sugar, corn syrup, and water in a small sauce pan. Boil rapidly to 242 degrees or until mixture spins a thread when dropped from a spoon, or until a few drops form a firm ball when dropped into cold water. While mixture is cooking, beat the egg whites to a stiff peak in an electric mixer. Slowly pour hot syrup into the egg whites, beating constantly until mixture holds a peak. Blend in 1 tsp. vanilla. Submitted by Elsie Menefee.



## Crumb Topping

$\frac{1}{4}$ C. packed dark brown sugar	$\frac{1}{2}$ C. flour
1 Tbsp. sugar	$\frac{1}{8}$ tsp. cinnamon
$\frac{1}{8}$ tsp. nutmeg	$\frac{1}{8}$ tsp. salt
$\frac{1}{4}$ C. butter	

Mix all dry ingredients together and cut in butter until mixture is crumbly. Sprinkle over fruit. This is enough for 1 9-inch pie. Submitted by Elsie Menefee.

## COOKIES

### Pinto Cookies

3/4 C. cooked mashed pinto beans	1 C. brown sugar
1/2 C. shortening	2 eggs
3/4 C. applesauce	2 1/4 C. flour
1 tsp. baking soda	1 tsp. baking powder
1/2 tsp. cinnamon	1/2 tsp. cloves
1/2 C. chopped walnuts	
1/2 C. raisins or chocolate chips	

Cream sugar, shortening, and eggs; add pinto beans and applesauce. Beat well until fluffy, and then add dry ingredients, nuts and raisins or chocolate chips. Drop by spoonfuls onto a greased cookie sheet. Bake at 375 degrees 15 to 20 minutes or until golden brown. Cool on a wire rack. Submitted by Velma Pretzer.

### Buffalo Chip Cookies

1 C. butter	1 C. shortening
2 C. brown Sugar	2 C. white sugar
4 eggs	2 tsp. vanilla
4 C. flour	2 tsp. baking powder
2 tsp. baking soda	2 C. oatmeal
2 C. cornflakes	1 6-oz. pkg. chocolate chips
1 C. coconut	1 C. pecan pieces

Preheat oven to 350 degrees. Cream together butter, shortening, and sugars. Add the eggs and vanilla. In a separate bowl sift together flour, baking powder, and baking soda; stir in the oatmeal, cornflakes, chips, coconut, and pecans. Combine dry and moist ingredients and mix well. Drop batter 3 inches apart on an ungreased cookie sheet. Flatten with the back of a spoon. Bake 15 minutes. Do not over bake. The center should be soft when cookies first come out of the oven. Makes 30 5-inch cookies. These cookies freeze well. Submitted by Elsie Menefee.

## Easy Coconut Pecan Cookies

1 box yellow cake mix  
1 container coconut pecan frosting  
2 eggs  
 $\frac{1}{2}$  cup butter

Mix ingredients together. Drop by spoonfuls onto a greased cookie sheet. Bake for 10 minutes in a 350 degree oven that has been preheated. Submitted by Lola Amend.

## Gingersnaps

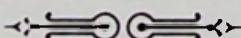
1 $\frac{1}{2}$ C. shortening	2 tsp. baking soda
2 C. sugar	2 tsp. cinnamon
2 eggs	2 tsp. cloves
$\frac{1}{2}$ C. molasses	2 tsp. ginger
4 C. sifted flour	

Cream shortening and sugar together; beat in eggs; add molasses, and stir in dry ingredients. Roll into 1 inch balls. Dip in sugar. Place on a baking sheet 2 inches apart. Bake in a preheated 375 degree oven for 15 to 18 minutes. Makes 5 dozen cookies. Submitted by Irene Hepler Smith.

## Bourbon Balls

2 $\frac{1}{2}$ C. vanilla wafer crumbs	1 C. powdered sugar
1 C. nuts	$\frac{1}{4}$ C. bourbon

Mix all ingredients together. If not moist enough add more bourbon. Form into balls and roll in powdered sugar. Do not bake. Roll in foil and place in a dark cool place to age about 2 weeks or to taste. Submitted by Elsie Menefee. I also have this same recipe using orange juice in place of bourbon.



## Memories by Wilma Hepler Wooden

One thing I remember above cooking with wood was picking up corn cobs out of the pig pen, even in the mud. This was my job. We used cobs to start the fire.

## Old Fashioned Oatmeal Cookies

1 C. raisins	1 C. water
3/4 C. shortening	1 1/2 C. sugar
2 eggs	1 tsp. vanilla
2 1/2 C. flour	1/2 tsp. baking powder
1 tsp. baking soda	1 tsp. salt
1 tsp. cinnamon	1/2 tsp. cloves
1/4 tsp. ginger	1/2 tsp. nutmeg
2 C. oatmeal	1 C. chopped nuts
1 C. coconut	

Combine raisins and water in a saucepan. Simmer 15 minutes. Drain and reserve liquid. Add enough water to reserve liquid to make 1/2 cup. Cream shortening and sugar together thoroughly, add eggs and vanilla beat until fluffy. Sift dry ingredients together and add alternately with reserved raisin liquid. Mix raisins, oatmeal, nuts, and coconut together and add to batter. Stir until mixed well. Drop by spoonfuls onto a greased baking sheet. Bake for 8 to 10 minutes in a preheated 375 degree oven. Yields 6 to 7 dozen. Submitted by Elsie Menefee.

## Coconut Pecan Brownies

1 (21 1/2-oz. pkg.) fudge brownie mix	
1/2 C. water	1/2 C. oil
1 egg	1 C. sour cream
1 can of ready to spread coconut-pecan frosting	
1/2 C. miniature semi-sweet chocolate chips	
1/2 C. chopped pecans	

Preheat oven to 350 degrees. grease bottom only of a 9" x 13" baking pan. In a large bowl combine brownie mix, water, oil, and egg. Beat 50 strokes by hand. Add pecan frosting and sour cream; mix well. Spread batter in greased pan. Sprinkle pecans and chips over top. Bake at 350 degrees for 42 to 52 minutes or until a toothpick inserted in the center comes out clean. Cool completely and cut into bars. Submitted by Elsie Menefee.

## Soft Molasses Cookies

½ c. butter softened	
½ c. solid vegetable shortening (not margarine)	
1½ c. sugar	½ C. molasses
2 eggs, slightly beaten	4 C. flour
½ tsp. salt	2¼ tsp baking soda
2¼ tsp. ground ginger	1½ tsp cloves
1½ tsp. cinnamon	additional sugar

In a large mixing bowl, cream together butter, shortening, and sugar until light colored and fluffy. Beat in molasses and eggs; set aside. In another large bowl combine flour, salt, soda, and spices. Blend thoroughly with wire whisk. Gradually mix flour mixture into creamed ingredients until dough is blended and smooth. Roll dough into 1½-inch balls. Dip tops in sugar; place 2½ inches apart on greased cookie sheets. Bake at 350 degrees for 11 minutes. Do not over bake. Cool on wire rack. Store in tightly covered container to maintain softness. Makes about 3 dozen. Submitted by Lola Amend.

## Philly Marble Brownies

1 pkg (21½-oz.) brownie mix	½ tsp. vanilla
1 pkg. (8 oz.) Philadelphia Cream Cheese softened	
1 egg	⅓ C. sugar
1 C. semi-sweet chocolate chips	

Prepare brownie mix as directed on package. Spread batter in greased 13" x 9" baking pan. Mix cream cheese, sugar, and vanilla until well blended. Blend in egg. Pour over brownie batter and cut through batter with knife several times for marble effect. Sprinkle with chocolate chips. Bake at 350 degrees for 35 to 40 minutes or until cream cheese mixture is lightly browned. Makes 2 dozen. Submitted by Lola Amend.

## Oatmeal Chip Cookies

1 C. margarine	$\frac{3}{4}$ C. white sugar
$\frac{3}{4}$ C. brown sugar	2 beaten eggs
1 tsp. vanilla	2 C. flour
1 tsp. baking soda	1 tsp. baking powder
1 tsp. salt	1 tsp. cinnamon
$\frac{1}{4}$ tsp. cloves	2 C. quick oatmeal
3 Tbsp. warm water	1 C. flaked coconut
1 C. chocolate chips	

Cream margarine and sugars together thoroughly. Add eggs and vanilla. Combine dry ingredients and add alternately with water. Stir in coconut and chocolate chips. Drop by spoon onto a greased baking sheet. Bake at 350 degrees for 8 to 10 minutes. Variations: For peanutbutter-oatmeal cookies add 1 cup peanut butter and increase oatmeal by  $\frac{1}{2}$  cup. I also added 1 cup raisins, dried cranberries, blueberries, and/or dates. This was Oleg's favorite cookie. Submitted by Elsie Menefee.

## Fruit Cake Cookies

4 eggs	1 tsp. allspice
1 box raisins (16-oz.)	1 tsp. nutmeg
1 C. whiskey	2 lbs. candied cherries diced
1 $\frac{1}{2}$ C. brown sugar	1 tsp. baking soda
6 C. pecans	1 stick butter or oleo ( $\frac{1}{2}$ cup)
1 tsp. cloves	3 tsp. sweet milk
1 tsp. cinnamon	3 C. flour

Sift flour, spices, and soda together and pour over fruit and nuts. Cream butter and sugar, and add eggs one at a time, then add whiskey and milk. Mix all together. Drop by spoonfuls on a greased cookie sheet and bake for 12 minutes at 350 degrees. Submitted by Elsie Menefee.

## No Name Cookies

1 pkg. saltine crackers (about)	1 C. margarine
1 C. packed brown sugar	1 12-oz. pkg. chocolate chips
1 C. chopped pecans	

Line a jelly roll pan with buttered foil and cover foil with crackers. Combine sugar and butter in a sauce pan and bring to a boil. Boil for 3 minutes, DO NOT OVER COOK. Pour syrup over crackers, spreading to cover crackers completely. Bake at 375 degrees for 5 minutes. Remove from oven and sprinkle with chocolate chips spreading to cover as chips melt. Top with pecans. Break into pieces when cooled. Submitted by Elsie Menefee.

## Neiman Marcus Cookies

2 C. butter	2 C. brown sugar
2 C. white sugar	4 eggs
2 tsp. vanilla	5 C. oatmeal
4 C. flour	1 tsp. salt
2 tsp. baking powder	2 tsp. soda
24 oz. chocolate chips	1 8-oz. Hershey bar, grated
3 C. nuts (baker's choice)	

Cream the butter and both sugars. Add eggs and vanilla. Measure oatmeal and blend in a blender to a fine powder. Mix butter, sugar, and egg mixture with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey bar and nuts. Roll into balls and place 2 inches apart on a cookie sheet. Bake for 10 Minutes at 375 degrees. Submitted by Lola Amend.

## Apple Brownies

½ C. margarine melted	½ tsp. salt
1 C. sugar	1 tsp. cinnamon
1 egg	1 C. flour
½ C. nuts chopped	½ tsp. baking powder
2 C. apples peeled, cored and sliced	

Preheat oven to 350 degrees. Mix in order given. Turn into a greased and floured 9" x 9" baking pan. Bake 40 to 50 minutes. Submitted by Elsie Menefee.

## Dish Pan Cookies

2 C. white sugar	2 tsp. baking soda
2 C. brown sugar packed	1½ C. oatmeal
4 eggs	4 C. cornflakes
2 C. cooking oil	4 C. flour
1 tsp. salt	1 C. pecans

Mix all in order given. Drop by teaspoon on a cookie sheet. Bake for 10 to 12 minutes. Submitted by Elsie Menefee. This cookie got its name because it takes a bowl the size of a dishpan to mix it in.

## Sugar Oatmeal Cookies

1½ C. margarine	2 C. sugar
3 eggs	3½ C. sifted flour
1½ tsp. baking soda	½ tsp. salt
1 tsp. cinnamon	2 C. oatmeal
1 C. ground raisins	1 C. nuts

Cream butter and sugar until light and fluffy, beat in eggs. Sift flour, soda, salt, and cinnamon together, and add to creamed mixture. Add oatmeal, fold in raisins and nuts. Drop by teaspoon onto a greased cookie sheet. With a glass dipped in sugar, press down on each cookie. Bake at 400 degrees for 5 minutes. Submitted by Susan Thacker.

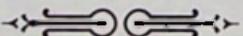
## Raisin Nut Cookies

Boil 2 cups raisins in 1 cup water. Cool 5 minutes. Cream 1½ cups of sugar, ½ cup shortening, and ½ cup butter. Add 2 eggs, and then add raisins, 1 tsp. cloves, 1tsp cinnamon, 1 tsp nutmeg, 3½ C. flour, 2 tsp. soda, 1 tsp. vanilla, and 1 C. chopped nuts. Blend well and drop by teaspoons on a cookie sheet and bake for 10 minutes at 375 degrees. Submitted by Wilma Hepler Wooden.



## CALORIE CHART

ACTIVITY	CALORIES BURNED
Flying off the handle	225
Spinning your wheels	175
Jumping to conclusions	150
Beating around the bush	175
Climbing the walls	200
Grasping at straws	175
Wading through paperwork	150
Throwing your weight around	200
Pushing your luck	150
Dragging your feet	125
Going around in circles	200
Passing the buck	150
Jumping on the bandwagon	200
Jogging your memory	150
Working your head off	200
Balancing your books	100
Beating your own drum	125
Bending over backwards	100



### Sour Cream

$\frac{2}{3}$  C. nonfat dry milk      1 tsp. vinegar  
 $\frac{3}{4}$  C. water

Mix together; beat very well. This makes a perfect sour cream that may be used in any recipe calling for sour cream.  
Submitted by Elsie Menefee.

## DESSERTS

### Baked Indian Pudding with Hard Sauce

6 Tbsp. corn meal	1 qt. milk scalded
½ C. sugar	2 beaten eggs
½ tsp. salt	1 Tbsp. butter
½ tsp. cinnamon	

Stir cornmeal into scalded milk and let cool then add remaining ingredients. Stir until blended and pour into an oven proof baking dish and bake at 325 degrees for 1 hour.

### Hard Sauce

1 C. sugar	½ C. butter
Juice of 1 lemon	

Melt butter in a sauce pan over medium heat, and then add sugar and lemon juice. Heat to boiling point, stirring frequently to avoid burning. Serve over the pudding. Submitted by Elsie Menefee.

### Bread Pudding

6 to 8 slices of stale bread	½ tsp salt
2 eggs	¼ C. sugar
½ C. Raisins	1 qt. milk
½ tsp. cinnamon	1 tsp. lemon extract

Dip slices of bread lightly in water until they are soft. Drain and put into a bowl, adding the beaten eggs, sugar, and raisins. Scald the milk; add cinnamon, lemon extract, and raisins. Put bread in a greased oven proof baking dish. Pour milk mixture over bread. Set dish in a pan of hot water and bake in the oven at 250 to 350 degrees for 45 to 60 minutes or until a knife inserted in the center comes out clean. Submitted by Irene Hepler Smith

## Baked oatmeal

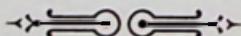
2 eggs beaten	1 C. milk
½ C. vegetable oil	1 C. brown sugar
2 tsp. baking powder	1 tsp. salt
1 tsp. cinnamon	3 C. quick oatmeal

Mix eggs, milk, oil, sugar, baking powder, salt, and cinnamon together thoroughly then stir in oatmeal. Pour into a greased 8" x 12" baking dish and bake at 350 degrees for approximately 25 minutes. Serve warm. Submitted by Elsie Menefee.

## Magic Pudding

1 pkg. (4 servings) fat free instant pudding
32 fat free saltines
1 (8 oz.) Cool Whip
2 C. skim milk

Mix instant pudding and milk together and place in the refrigerator a few minutes to set up. Place 16 crackers in the bottom of an 8" x 8" pan. Pour half of pudding on top of crackers spreading evenly. Place the other 16 crackers on top of the pudding then pour the other half of the pudding on top of the crackers and spread evenly. Top with the whole container of cool whip. Cover with plastic wrap. Let it set at least 15 hours (I prefer 24 hours) before serving to make sure the crackers are soft. Here's the magic part, after the desert has set long enough. The crackers taste exactly like a thin layer of either phyllo dough or pie crust. Submitted by Lola Amend.



## Thin White Sauce

3 Tbsp. butter	2 Tbsp. flour
1 tsp. salt	¼ tsp. pepper
2 C. milk	

Melt butter over low heat. Add flour, salt, and pepper and stir until well blended. Remove from heat and gradually stir in milk and return to heat stirring constantly until thick and smooth, makes 2 cups.

## Fruit Nachos

1 pkg. flour tortillas	$\frac{1}{2}$ C. sugar
1 tsp. cinnamon	
1 container yogurt, your choice of flavor	
Cooking spray	

In a small bowl, combine sugar and cinnamon. Cut each tortilla into 6 wedges. Place wedges in a single layer on baking sheets. Spray wedges with cooking spray and sprinkle with sugar mixture. Bake 5 to 7 Minutes at 375 degrees or until light brown and crisp. Remove wedges to a wire rack to cool. To serve place wedges on a serving plate. Drizzle with yogurt and top with sliced fruits or berries. Submitted by Elsie Menefee.

## Strawberry Bottom Cheese Cake

1 Ready Crust Shortbread Pie Crust (4 oz.)
Cool Whip
4 oz. cream cheese softened
1 pint fresh strawberries
$\frac{1}{4}$ C. sugar
$\frac{1}{2}$ C. sour cream
1 C. strawberry glaze
1 tsp. vanilla

Beat cream cheese until smooth. Gradually beat in sugar. Add sour cream and vanilla. Fold in whipped topping. Spread a thin layer of glaze over the bottom of the crust. Slice strawberries and place slices on glaze and cover with remaining glaze. Gently spoon cream cheese mixture over glazed strawberries. Cover with inverted dome and chill until set, at least 4 hours. Refrigerate left overs. Submitted by Elsie Menefee.

### Variations to White Sauce

Sour cream sauce: substitute 2 cups thick sour cream for milk; when sauce is thick, add  $1\frac{1}{2}$  tbsp. lemon juice.

Cheese sauce: add 2 cups grated cheese and  $\frac{1}{2}$  tsp.

Worcestershire sauce to thickened white sauce, stir over low heat until cheese is melted. Submitted by Elsie Menefee

## Apple Crisp

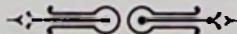
1 25-oz. jar cinnamon applesauce  
1 1/3 C. brown sugar  
1 C. Flour  
1 C. quick oats  
1 stick plus 3 Tbsp. butter, softened  
2 tsp. cinnamon  
1/2 C. nuts

Spray the bottom of a 9" x 9" pan with cooking spray and pour applesauce into pan. In a small bowl combine remaining ingredients and sprinkle over applesauce. Bake 30 minutes at 375 degrees or until topping is golden brown. Submitted by Elsie Menefee.

## Dessert Pizza

1 pkg. (20 oz.) refrigerated cookie dough  
1 pkg. (8 oz.) cream cheese  
1/3 C. sugar  
1 tub strawberry Cool Whip  
1 pint strawberries, sliced

Press dough firmly into greased 12-inch pizza pan. Bake at 350 degrees for 20 minutes or until golden brown. Cool in pan. Beat cream cheese and sugar with a wire whisk or electric mixer until well blended. Gently fold in Cool Whip. Spread cream cheese mixture over crust, top with sliced strawberries. Serve immediately or cover and refrigerate until ready to serve. Submitted by Elsie Menefee.



## Yellow Jacket Soup

Gather ground dwelling yellow jacket whole comb early in the morning. Place over heat right side up to loosen grubs. Remove grubs. Place comb over heat again until cover parches. Remove and pick out the yellow jackets and brown in the oven. Make soup by boiling in water and season with grease and salt. *This is a Cherokee Indian recipe that has been translated into English.* Submitted by Lola Amend.

## MEATS/MEALS

### Quick Easy Salmon Patties

1 (16 oz.) can Salmon	$\frac{1}{2}$ C. flour
1 egg	1 $\frac{1}{2}$ tsp. baking powder
$\frac{1}{3}$ C. minced onion	1 $\frac{1}{2}$ Tbsp. oil

Drain salmon; set aside 2 Tbsp. of liquid. Mix salmon, egg, and onion until sticky. Stir in flour. Combine baking powder with the 2 Tbsp. of liquid and combine with first mixture. Form into small patties and fry in the oil until brown. Submitted by Velma Pretzer.

### Tuna and Rice Casserole

1 can condensed mushroom soup	$\frac{1}{2}$ can milk
1 7-oz. can of flaked tuna	$\frac{1}{2}$ tsp. curry powder
3 C. cooked rice	$\frac{1}{4}$ tsp. paprika

Blend soup and milk. Fold in salt, curry powder, and rice. Pour into a greased 1 qt. casserole dish. Sprinkle with paprika and bake in a 350 degree oven for 30 minutes. Submitted by Velma Pretzer.

### Macaroni and Wieners

$\frac{1}{2}$ C. chopped onion	
2 Tbsp. Butter	
1 lb. wieners chopped	
1 can condensed Tomato & Rice Soup	
$\frac{1}{2}$ soup can water	
1 tsp. mustard	

Cook onion and wieners in butter, add remaining ingredients and stir well. Simmer 15 minutes. Serve over 2 cups cooked and drained macaroni. Submitted by Velma Pretzer.

## Lotsa Lasagna

### Meat sauce:

- 2 ½ to 3 lbs. ground beef
- 1 large onion chopped
- 1 to 1½ qts. peeled tomatoes, cut up
- 1 32-oz. jar of spaghetti sauce
- 1 clove garlic (crushed) or ¼ tsp. garlic powder
- ¼ tsp. pepper            ½ large bay leaf
- 1 Tbsp. sweet basil    2 tsp. oregano leaves (crushed)

Brown meat and onion in a Dutch oven and drain off the fat. Add rest of ingredients for meat sauce and simmer for 30 minutes. Meanwhile prepare cheese sauce as follows.

### Cheese Sauce:

- 4 beaten eggs
- 5 Tbsp. parsley flakes or ½ C. fresh chopped parsley
- 36 oz. cottage cheese (small curd)
- 15 oz. ricotta cheese or
  - substitute with additional cottage cheese

Mix all ingredients together.

- 2 lbs. lasagna noodles
- 2 ½ lbs. mozzarella cheese shredded

Remove bay leaf from meat sauce. Arrange layer of raw lasagna noodles in bottom of baking dish. Cover with a layer of cheese sauce followed by a layer of meat sauce. Sprinkle with mozzarella cheese. Repeat layers in same order. Continue with more baking dishes until all ingredients are used up. You may need more or less lasagna noodles and mozzarella cheese depending on the thickness of the layers. Bake at 350 degrees for about 1 hour, or until nicely browned. This recipe freezes well. Baking dishes should be removed early for frozen dishes as it will brown slightly more when reheating. By using the raw noodles, a firm lasagna is formed as the noodles absorb the liquid from the meat sauce. Submitted by Frieda Martin.

Editors Note: this is the delicious lasagna Freida brings to the family reunions.

## Broccoli and Rice Casserole

2 pkgs. frozen broccoli cooked and drained	
1 C. minute Rice	12 Tbsp. butter or oleo
1 small onion chopped	½ C. milk
½ C. Cheese Whiz	1 can mushroom soup

Combine rice, broccoli, butter, and onion until butter melts, add remaining ingredients. Mix well and pour into a buttered 3 ½ qt. casserole dish and bake at 350 degrees for 35 minutes. Submitted by Velma Pretzer.

## Squirrel Stew

2 squirrels cleaned and disjointed	
5 C. hot water	dash pepper
1 tsp. salt	1 C. diced celery
2 onions diced	1 green pepper shredded
1 C. diced carrot	½ C. white or brown rice
2 Tbsp. butter or oleo	3 Tbsp. flour

Place squirrel in cooker with water, salt and pepper. Pressure cook at 15 lbs. pressure for 25 to 30 minutes. Meantime sauté the vegetables in butter until soft and yellowed. Remove the squirrel from cooker, add vegetables and rice to the broth in the cooker and pressure cook for 7 minutes at 15 lbs. pressure. Cut squirrel meat in small pieces. Roll in flour and add to stew. Bring to boiling point and serve with cornbread. Serves 4 to 6. Submitted by Irene Hepler Smith.

## Calf's Liver

3 C. potato balls	1 lb. calf liver
1 pint brown soup stock	6 slices bacon
1 C. button mushrooms	

Wash the calf liver and wipe dry. Fry bacon in pan, remove, and place liver in bacon fat and sear on each side thoroughly. Put liver in a casserole dish; add bacon, brown soup stock, and mushrooms. Cook for 1 ½ hours in a 350 degree oven. And cut before serving. Add potato balls (see recipe following) which have been fried in deep fat (395 degrees) and drained. Submitted by Irene Hepler Smith.

## Potato Balls

2 C. cold mashed potatoes	1 egg
Salt, pepper, and butter to taste.	

Mix and shape into balls. Submitted by Irene Hepler Smith.

## Rabbit

1 rabbit cut in serving pieces and floured	
$\frac{1}{4}$ C. flour	$\frac{1}{2}$ tsp. fat or drippings
$\frac{1}{2}$ C. minced onions	$\frac{1}{4}$ tsp. dried green pepper
1 C. milk	1 C. water
2 tsp. salt	$\frac{1}{2}$ tsp. paprika
$\frac{1}{4}$ tsp. thyme	$\frac{1}{4}$ tsp. sage
$\frac{1}{4}$ tsp. garlic salt	

Coat rabbit with flour and brown in drippings in a skillet. Remove and sauté onions and green pepper in same drippings. Add flour, and then add milk and water. Combine and stir until mixture thickens. Add seasonings. Place rabbit on rack in cooker. Add gravy. Pressure cook at 15 lbs pressure for 20 minutes. Reduce pressure with cool water. Serves 4 to 6.  
Submitted by Irene Hepler Smith.

## Cheesy Rice and Broccoli

1 pkg. frozen chopped broccoli (10 oz.)	
$\frac{1}{2}$ lb. Velveeta Cheese cubed	
$\frac{3}{4}$ C. water	
1 $\frac{1}{2}$ C. minute rice, uncooked	

Bring broccoli and water to a boil in a medium sauce pan, separating broccoli with a fork. Stir in Velveeta Cheese. Reduce heat to low; cover and simmer 3 minutes. Stir in rice; cover. Remove from heat. Let stand 5 minutes. Stir before serving. Submitted by Lola Amend.

## Chicken with Dumplings

4 lbs. stewing chicken disjointed	2 C. water
½ tsp. salt	⅛ tsp. pepper
2 Tbsp. minced parsley	1 C. Diced celery
1 medium onion diced	1 recipe for dumplings

Wash chicken and place in cooker; add all other ingredients except dumplings. Pressure cook at 15 lbs. pressure for 35 to 40 minutes depending on size of chicken. Reduce pressure quickly. Drop dumplings from a spoon into hot chicken and vegetables. Cover and steam 5 minutes without pressure.

Serves 6. Submitted by Irene Hepler Smith.

## Egg dumplings

1 tsp. salt	½ C. milk
1 egg beaten	1½ C. sifted flour

Add salt and milk to beaten egg and stir into flour. Drop into hot chicken. Makes 8 dumplings. Submitted by Irene Hepler Smith.

## Cheesy Chicken and Rice Casserole

1 can (10¾ oz.) Cream of chicken soup	
1⅓ C. water	
¾ C. long grain rice uncooked	
2 cups fresh or frozen vegetables	
½ tsp onion powder	
4 skinless boneless chicken breast halves	
½ C. shredded cheddar cheese	

Stir the soup, water, rice, vegetables, and onion powder in a 12" x 8" shallow baking dish. Top with chicken. Season chicken as desired and cover. Bake at 375 degrees for 45 minutes or until done. Top with cheese. Makes 4 servings. Submitted by Lola Amend.

## Beef Sticks - AKA Summer Sausage

2 lbs. lean ground beef	1/4 tsp. garlic powder
1 C. cold water	1/4 tsp. onion powder
2 Tbsp. Morton's Tender Quic	2 tsp. mustard seed
2 tsp. Wright's Liquid Smoke	

Mix all ingredients together until sticky and form into 3 rolls. Wrap each roll in plastic wrap and refrigerate for 24 hours. Remove plastic wrap from all 3 rolls and place on a rack or in a pan. Bake at 250 degrees for 3 hours. Turn at least 3 times during baking. Cool and wrap in foil and refrigerate. Ground Chicken or Turkey may be substituted for Beef if desired. Submitted by Edna Hazen

## Zucchini Lasagna

1 lb. hamburger                    1 small onion chopped  
Brown in skillet and drain. Add and simmer uncovered for 10 minutes:

1 (15-oz.) can of tomato sauce	
1/2 tsp. garlic powder	1 tsp. basil
1 tsp. oregano	1 tsp. salt

Combine and have ready:

1½ cups dry cottage cheese  
¼ cup grated romano cheese  
1 egg slightly beaten.

Have ready:

1½ medium sized zucchini,  
peeled or unpeeled and cut into ¼ inch slices  
¼ cup flour  
1 cup mozzarella cheese  
¼ cup romano cheese

Spray a 9" x 9" baking dish with non-stick spray. Layer half of zucchini, flour, cottage cheese mixture, meat sauce and mozzarella in baking dish. Repeat layers. Sprinkle romano cheese over top. Bake at 350 degrees for 45 minutes. Let stand 15 minutes before serving. Yields about 9 servings. Submitted by Elsie Menefee.

## Ham and Cheese Bake

1 cup cooked chopped ham	$\frac{1}{4}$ cup minced onion
1 (2½-oz.) can sliced drained mushrooms	
1 medium tomato, chopped	
$\frac{3}{4}$ cup shredded cheese	

Combine and sprinkle in a greased 8" x 8" square baking dish.

5 eggs	$\frac{1}{2}$ cup milk
$\frac{3}{4}$ C. bisquick	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. dry mustard	$\frac{1}{2}$ tsp. parsley flakes
$\frac{1}{4}$ tsp. black pepper	

Beat together until blended and pour over mixture in baking dish. Bake at 350 degrees for 45 minutes. Submitted by Elsie Menefee.

## Double Cheese Delight

4 oz. uncooked noodles	1 tsp. salt
1 lb. ground beef	1 medium tomato
$\frac{1}{3}$ C. chopped onion	1 Tbsp. chopped celery
1 can (8-oz.) tomato sauce	$\frac{1}{4}$ C. sour cream
$\frac{1}{2}$ c. creamed cottage cheese	
1 (3-oz.) pkg. cream cheese, softened	

Heat oven to 350 degrees. Cook noodles as directed on package; drain. In a large skillet, cook and stir meat, onion, and celery until meat is brown and onion is tender. Drain off the fat. Stir in tomato sauce and salt. Heat to boiling; reduce heat and simmer 1 minute. Remove from heat. Stir in cottage cheese, cream cheese, sour cream, and noodles. Pour into an ungreased 1½ quart casserole. Slice tomato and arrange on top. Cover and bake 30 minutes. Makes 4 servings. Submitted by Elsie Menefee.

## Brains

1 set calf brains	flour to roll brains in
salt and pepper to taste	fat

Soak brains in cold water for 10 minutes . Remove veins and membranes. Season with salt and pepper, then roll in flour. Brown in fat and cover skillet tightly. Cook slowly for about 20 minutes. Serves 2. Submitted by Irene Hepler Smith.

## Lazy Day Lasagna

12 oz. cottage cheese	1 qt. spaghetti sauce
1 tsp. flaked parsley	9 uncooked lasagna noodles
2 C. mozzarella cheese	1/4 tsp basil
1 lb. ground beef cooked and seasoned	

Mix cottage cheese with spaghetti sauce and spices. Layer sauce, ground beef and uncooked lasagna noodles in a 9" x 13" pan. Add 1/2 C. water around the edges of pan. Seal tightly with foil. Bake at 350 degrees for 45 minutes. Uncover and add 2 C. mozzarella cheese on top and bake 15 minutes longer.  
Submitted by Elsie Menefee.

## Methodist Chicken

1 C. raw rice
1 pkg. onion soup mix dissolved in 1 1/2 C. water
Cut up chicken floured and seasoned
1 chopped green onion
1 can cream of mushroom soup, optional
1 can cream of celery soup

Put raw rice in a 9" x 13" pan. Lay chicken pieces on top. Mix remaining ingredients together and spoon over top, bake in a 350 degree oven for 2 hours. Submitted by Elsie Menefee.

## Handy Table for Cooks

*The following table is from a 1916 home guide*

### Butter

1 lump the size of an egg equals 2 ounces which equals 1/4 cup
1 tablespoon of soft butter equals 1 ounce
4 heaping tablespoons of soft butter equal 1 teacupful
2 teacupfulls of packed soft butter equal 1 pound
1 pint of well packed butter equals 1 pound

### Sugar

1 teacupful or 16 tablespoons equal 1/2 pint or 2 gills
1 teacupful equal 8 fluid ounces or 2 gills
A common sized tumbler equals 1/2 pint

## PICKLES AND CONDIMENTS

The old time method of making pickles included using grape leaves to keep the cucumbers from getting soft. If you wish to use this method, wash the grape leaves and layer them in the brine with the cucumbers, discarding them when you make the pickles. Wild muscadine grape leaves are best, but any grape leaf will do. Some recipes also include a grape leaf in the jar with the spices for the same purpose. Elsie Menefee.

### Sweet Dill Pickles

1 qt. jar hamburger dill pickles	$\frac{2}{3}$ C. vinegar
3 C. sugar	

Drain juice from pickles and rinse with cold water. Bring vinegar and sugar to a boil and boil for 5 minutes. Pour hot syrup over dill pickles. Refrigerate over night before use. Keep refrigerated. Submitted by Velma Pretzer.

### Frozen Cucumbers

2 qt. thinly sliced cucumbers	2 Tbsp. salt
1 large onion sliced thin	1½ C. sugar
½ C. white vinegar	½ tsp. turmeric

Mix cucumbers, salt and onions in a covered container and refrigerate for 24 hours. Drain and add sugar, vinegar and turmeric. Let stand 24 hours in the refrigerator. Pack in desired size containers and freeze. Remove from freezer 30 minutes before using. Makes 2 quarts. Submitted by Velma Pretzer .

### Candied Dill Pickles

1 qt. whole dill pickles drained and sliced into a large bowl.  
Add 1½ cups sugar,  
1 tsp. each; mustard seed and celery seed, and  
1/3 C. vinegar.

Mix well and let set for several hours stirring occasionally. Pack back in the jar, then set and chill. Submitted by Velma Pretzer.

## Bread and Butter Pickles

8 C. cucumbers sliced thin	2 C. vinegar
4 green peppers chopped fine	2 tsp celery seed
2 tsp. powdered turmeric	3 inch stick of cinnamon
3 C. sugar salt to taste	1 large onion sliced thin

Combine cucumbers and onion, sprinkle with salt and set aside for 1 hour. Drain off liquid and put cucumbers and onions in a sauce pan with vinegar, peppers, sugar and spices. Bring to a boil and cook 20 minutes. Pack into sterilized jars and seal.

Makes 2 quarts. Submitted by Velma Pretzer.

## Dill Pickles

50 cucumbers	$\frac{1}{2}$ large bunch of dill
1 $\frac{1}{2}$ tsp. salt	6 quarts water
$\frac{1}{4}$ C. vinegar	

Place cucumbers in jars, boil salt, water, and vinegar and pour hot over cucumbers, add dill to each jar and seal. Makes about 6 quarts. Submitted by Irene Hepler Smith.

## Pickled Watermelon Rind

2 lbs. watermelon rind	2 C. vinegar
2 C. water	4 C. sugar
1 sticks cinnamon	1 tsp. whole cloves
1 tsp. allspice	1 lemon sliced thin

Pare watermelon rind and remove all pink portions. Cut rind into 2" x 1" pieces and  $\frac{1}{2}$  inch thick. Soak rind overnight in brine made by dissolving  $\frac{1}{4}$  cup salt in each quart of water. Drain and wash in fresh water and drain again. Cook rind in fresh water until tender and clear. Combine remaining ingredients and boil together for 5 minutes. Put rind in hot sterilized jars and cover with boiling syrup and seal jars. Spices can be put in a cheese cloth bag and removed after preparing the syrup. Makes 2 pints. Cantaloupe, pumpkin, or squash rind can be used also. If you use green tomatoes, sprinkle salt over the green tomatoes instead of brine to soak in over night. Submitted by Irene Hepler Smith.

## Bread and Butter Pickles

12 medium cucumbers	1 ½ tsp celery seed
5 medium onions	½ tsp curry powder
¼ C. salt	1 C. vinegar
1 C. sugar	½ C. water
1 ½ tsp mustard seed	

Wash cucumbers, peel onions and cut into  $\frac{1}{4}$  inch rings.

Arrange in layers sprinkling salt on each layer. Let stand 2 to 3 hours then combine remaining ingredients and heat to boiling. Add cucumbers and onions and simmer 10 minutes. Pour into hot sterilized jars and seal. This makes about 4 pints. Submitted by Irene Hepler Smith.

## Corn Cob Jelly

12 washed corn cobs	7 C. sugar
Juice of 2 lemons	5 ½ C. corn cob juice
1 pkg. Sure jell	
several drops of food coloring	

Break cobs in pieces. Cover with water and boil until water is coffee colored. Measure 5½ cups of juice from corn cobs and add pkg. of sure jell to it. Stir until dissolved then add other ingredients. Boil about 10 minutes or until jelly drops from spoon in small amounts. Fill hot jelly glasses immediately and seal with melted paraffin. Submitted by Velma Pretzer.

## Spiced mulberry Jam

1 qt. prepared mulberries	3 C. sugar
½ C. lemon juice or cider vinegar	½ tsp cinnamon

Stem mulberries, ripe and green and cover with cold salt water; use ¼ C. salt to each 1 quart of water. Let stand 5 minutes. Drain and rinse in cold water 3 times. Crush berries, add sugar, lemon juice, and cinnamon; cooking slowly, stirring constantly to prevent scorching, until jellying point is reached. Remove from heat, skim and stir alternately for 5 minutes. Ladle into hot jars and seal, makes 3 half pints. Submitted by Velma Pretzer

## Dandelion Jelly

1 qt. of yellow dandelion petals	1 qt. of water
1 Tbsp. lemon juice	4½ C. sugar
Few drops yellow food coloring	1 pkg. pectin

Boil the dandelion petals and water together rapidly for 3 minutes, then remove from the heat and strain through a cloth twice. (Should be 3 cups of juice.) Add the pectin, sugar, lemon juice and food coloring, and then boil until liquid sheets from the spoon as in making other jellies. Rather bland flavor, add 1 Tbsp. lemon juice to each cup of fruit juice for needed acid.  
Submitted by Velma Pretzer.

## Baba Ganou (or Eggplant Dip)

2 eggplants (about 2 lbs.)	3 cloves garlic (unpeeled)
½ cup light sour cream,	
2 tsp. balsamic or red wine vinegar	
¼ tsp. each coriander, salt and pepper.	

You can also add olive oil, cumin, basil, lemon juice, or mustard.

With fork, prick eggplants all over, place in microwave for 5 minutes, then 3 minutes with 30% power, you may need to cook it longer depending on the weight of your eggplant; the point is to get it very tender.

Peel garlic; cut eggplant in half lengthwise (after letting it cool); with spoon, scoop flesh into food processor along with garlic, add sour cream; puree until smooth.

Scrape into a serving bowl. Stir in coriander, vinegar, salt, and pepper. Cover and refrigerate for at least an hour or up to 4 hours. Serve cold as a dip or a salad. Submitted by Elsie Menefee this is a recipe from an Iraqi exchange student.

## Baked Onion Cheese Dip

- 2 C. shredded cheddar cheese
- 1 C. shredded pepper jack cheese
- 4 oz. cream cheese cubed
- $\frac{1}{2}$  C. mayonnaise, not fat free or reduced fat
- $\frac{1}{4}$  tsp. thyme
- 2 C. chopped sweet onions, divided

In a food processor combine cheeses, mayonnaise, thyme, and 1 cup onions until well blended. Stir in remaining onions and transfer to a 3 cup greased baking dish and bake uncovered at 375 degrees for 20 to 30 minutes or until bubbly. Serve with crackers, makes 3 cups. Submitted by Elsie Menefee.

## Ro-Tel Queso

- 1 pkg. (16 oz.) pasteurized process cheese, cubed
- 1 can (10 oz.) Ro-tel tomatoes
- green chilies

Blend cheese and undrained tomatoes in a  $1\frac{1}{2}$  quart microwave safe dish, cover; microwave on high for 5 minutes stirring once during cooking or until cheese is melted.

Submitted by Elsie Menefee Serve with chips or crackers.

Variation: Add 1 lb. crumbled cooked and drained sausage just before serving.

## Quick Dill Pickles

- |             |                             |
|-------------|-----------------------------|
| 3 qt. water | 1 qt. vinegar               |
| 1 C. salt   | 1 head of dill for each jar |

Wash cucumbers and pack in a jar with dill, mix water, vinegar, and salt; bring to a boiling point. Pour over cucumbers and seal at once. Submitted by Elsie Menefee.

## Good sweet Pickles

Soak pickles in brine for 2 weeks as follows:

- ¾ C. vinegar and
- 1 C. salt to
- 1 gallon of water and
- 1 tbsp. mixed pickling spices.

Take from the stone jar or crock and wash. Put on the stove and bring to a boiling point in weak vinegar water; pack in jars and pour boiling pickle vinegar over and seal. Pickle vinegar is as follows:

- 3 C. vinegar,
- 2 C. sugar,
- 1 C. water, and
- 2 tbsp. mixed spices.

If you like sweet dill pickles omit the mixed spices and add a sprig of dill instead. This recipe of mother's that was submitted by Susan Thacker. The recipe has a notation penciled in on it that reads brown crock and is dated July 25, 1954.

## Jelly Making

Pectin is a natural substance found in fruits in varying amounts. It is pectin that causes jelly to jell. Fruit that is slightly under ripe contains more pectin than fully ripe fruit. Over ripe fruit used in spreads will likely cause a runny final product. Many recipes call for the skins and cores of various fruit to be included in preparing fruit for juice or pulp. This is because pectin is concentrated in these areas.

Tart apples, concord grapes, sour blackberries, cranberries, currants, gooseberries, and sour plums are examples of fruit that contain considerable natural pectin. Apricots, blueberries, cherries, peaches, pineapple, rhubarb and strawberries are low in natural pectin.

Acid adds to the flavor and helps in the gel formation in spreads. Like pectin, the acid content varies in different fruits. To test for acid content, mix a tablespoon of lemon juice, 3 tablespoons of water, and  $\frac{1}{2}$  teaspoon of sugar. Taste this mixture and the fruit juice you are planning to use. Unless your

juice tastes as tart as the lemon mixture it does not have enough acid to gel properly. One tablespoon of lemon juice to 1 cup of fruit juice will usually add the needed acid.

A large sauce pot is necessary to allow the jelly mixture to come to a full rolling boil without boiling over. Most cookbooks recommend NOT doubling the recipe for making jelly. You will have better success with two smaller batches. I learned jelly making from Lola after I retired and moved back to Kansas. We usually make it without commercial pectin.

A typical recipe for making jelly without pectin;

5 cups of juice

5 tablespoons of lemon juice

5 cups of sugar

Measure the juice and lemon juice into a large sauce pot, and the sugar and stir well. Boil over high heat to 8 degrees F. above the boiling point of water, or until the jelly mixture sheets from a spoon (that is when you hold the spoon sideways the jelly falls in one large sheet instead of a drop or two at a time). Remove it from the heat. Skim foam if necessary. Pour into sterilized jars, leaving  $\frac{1}{2}$  inch head space. Adjust caps and process 5 minutes in boiling water bath.

To make your juice from fresh fruit, select about  $\frac{1}{4}$  firm ripe fruit to  $\frac{3}{4}$  full ripe fruit. Wash, sort, remove all stems, and crush fruit slightly. Add water to just cover, bring to a boil, then reduce heat to simmer and simmer for 10 minutes. Extract the juice. To prevent formation of tartrate crystals in the jelly, let the juice stand in a cool place over night, then strain through several thicknesses of cheesecloth to remove crystals that have formed. Submitted by Elsie Menefee.

#### Mother's Coleslaw Dressing

1 C. sweet cream

$\frac{1}{4}$  C. vinegar

$\frac{1}{4}$  C. sugar

Mix above ingredients together and pour over coleslaw, then toss coleslaw to mix. Submitted by Lola Amend

## Lola's Coleslaw Dressing

1 C. mayonnaise

$\frac{1}{4}$  C. vinegar

$\frac{1}{4}$  C. sugar

1 tsp. mustard

Mix all ingredients together and pour over coleslaw. Toss coleslaw to mix submitted by Lola Amend.



## Cooking on a Wood Stove

Mother cooked on a wood stove all of the years most of us were growing up. I did not really pay much attention to the lessons on which woods to use for different purposes, but I do remember some of the. I have found that my sisters remember about the same things that I do, so I will attempt to pass on what I can to those who care to learn. Food cooked on a wood stove has a different flavor for some reason. I am not sure why, but I am sure that it does.

For a quick hot fire, use a soft wood such as cottonwood or pine. This is used when you need a fire for a short time that will get hot quickly and then die out, such as cooking breakfast during hot weather.

Woods such as elm will provide a slow moderate fire for a long time. This was used for baking cakes, pies, roasts, and things that needed to bake for a while but not at a hot temperature.

For a hot oven often used for bread baking, a hard wood was used. Hedge, oak, and mulberry are examples of hard wood. They provide a hot fire for a long time.

This knowledge came in handy when I was helping with the Boy Scout Troop. I was officially listed by the BSA to teach camping. Submitted by Elsie Menefee.



## PIES

### Cocoa Pie

1 C. sugar	2 $\frac{1}{2}$ C. boiling water
4 Tbsp. flour rounded	2 Tbsp. butter or margarine
4 Tbsp. cocoa level	2 tsp vanilla
$\frac{1}{2}$ tsp. salt	1 baked pie shell

Mix sugar, flour, cocoa, and salt in a saucepan, add boiling water, stir well and put over heat and cook until thick. Add butter and vanilla. Cool a few minutes, then pour into the pie shell; refrigerate. Submitted by Elsie Menefee.

### Cottage Cheese Pie

1 C. sugar	2 Tbsp. flour
1 tsp. cinnamon	dash of nutmeg
2 C. dry cottage cheese	3 eggs beaten
4 C. milk	2 unbaked 9-inch pie shells

Mix sugar, flour, spices, cheese and eggs together, add milk, and pour into pie shells. Bake at 375 degrees for 1 hour or until tests done. Yields 10 to 12 servings. Submitted by Velma Pretzer.

### Custard Pie

2 eggs slightly beaten	$\frac{1}{2}$ tsp Vanilla
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ C. sugar
3 cups scalded milk	nutmeg
1 unbaked 9-inch pie shell	

Combine all ingredients except nutmeg. Pour into pie shell and sprinkle with nutmeg. Bake in a hot oven (450 degrees) for 10 minutes, reduce temperature to (325 degrees) and bake 30 to 40 minutes longer, or until a knife inserted into center comes out clean. Makes one 9 inch pie. Submitted by Irene Hepler Smith.

## Blackberry Pie

2 C. fresh blackberries	1/8 tsp. salt
2 Tbsp. flour	1 C. sugar
1 Tbsp. butter	2 Tbsp. lemon juice
1 2-crust unbaked pie shell	

Combine berries, sugar, flour, lemon juice, and salt. Line a pie pan with pastry. Pour in filling and dot with butter. Cover with top crust and cut a small slit in top crust to vent pie. Bake in oven at 450 degrees for 20 minutes then reduce heat to 350 degrees and bake for 25 to 30 minutes more or until berries are tender. Makes 1 pie. Submitted by Irene Hepler Smith.

## Sugar Pie

3 Tbsp. flour	3 Tbsp. butter
2 C. milk	1 C. brown sugar firmly packed
1 unbaked pie shell	cinnamon and nutmeg to taste

Cut flour, butter and sugar together until thoroughly combined. Mix with milk and pour into pie shell. Bake in a 350 degree oven until top is slightly browned and pie is fairly firm (about 20 to 30 minutes). Sprinkle with cinnamon and nutmeg while still warm. This is delicious warm or cold. Submitted by Lola Amend.

## Oatmeal Pie

1 1/2 C. milk	3 Tbsp. melted margarine
1 1/2 C. dark brown sugar	3 eggs slightly beaten
2/3 C. rolled oats	2/3 C. coconut
1 9- or 10-inch unbaked pie shell	

Preheat oven to 425 degrees. Combine all ingredients; mix thoroughly. Pour into pie shell. Sprinkle with additional coconut. Bake 10 minutes. Reduce heat to 350 degrees and bake for 30 minutes or until a knife inserted in the middle comes out clean. Submitted by Lola Amend.

## Apple Custard Pie

2 C. shredded apples	1 C. carnation evaporated milk
1 C. sugar	2 Tbsp. flour
2 eggs	Dash salt
Dash of cinnamon	

Combine ingredients and pour into a 9-inch unbaked pie shell and bake at 350 degrees until knife inserted in the center comes out clean. Submitted by Velma Pretzer.

## Pinto Bean Pie

1 2/3 C. brown sugar	3 eggs
1/3 C. butter	1 C. chopped pecans
1 C. pinto beans cooked, drained & mashed	
1 9-inch unbaked pie shell	

Preheat oven to 350 degrees. Cream together butter, sugar and eggs slightly beaten; add beans and nuts, then mix well and pour into 9-inch pie crust. Bake for 35 to 40 minutes. Optional 1/4 tsp. cloves, nutmeg, and cinnamon to be added with nuts and beans. Note: baked pie will still be soft in the center but will set when it has cooled. Submitted by Elsie Menefee.

## Lemon Pudding

1/2 C. Sugar	1 Tbsp corn starch
1/2 C. water	1 egg yolk slightly beaten
1 Tbsp. margarine or butter	1/2 tsp. grated lemon peel
3 Tbsp. lemon juice	

Mix sugar and corn starch in 1 qt. saucepan; gradually stir in water. Heat over medium heat, stirring constantly until mixture thickens and boils. Boil and stir 1 minute. Gradually stir about half of the hot mixture in saucepan into the egg yolk. Stir egg yolk mixture into remaining hot mixture in saucepan. Heat to boiling point, stirring constantly. Boil and stir 1 minute remove from heat. Stir in remaining ingredients. Refrigerate until chilled. I use the whole egg in the saucepan and double the remaining ingredients for just lemon pudding. (May be used for lemon pie filling)

## To make meringue:

Beat one egg white until frothy. Gradually add 1 Tbsp. sugar, beat until firm. Submitted by Marietta Martin.

## Mock Mincemeat Pie

2/3 C. vinegar	1 C. sugar
1 C. molasses	1 C. bread crumbs
2/3 C. water	1 C. chopped raisins
1 tsp cloves	1 tsp. cinnamon
1/4 C. butter	1 tsp. nutmeg

Combine ingredients in a saucepan and cook until mixture starts to thicken, stirring constantly. Pour into a pre-baked 9-inch pie shell. Submitted by Elsie Menefee. This recipe is from 1916.

## Transparent Pie

1 C. butter	1 C. brown Sugar
3 egg yolks	1 9-inch unbaked pie crust

Mix the ingredients together until smooth, pour into unbaked pie shell and-bake at 325 degrees until a knife inserted in the center comes out clean (about 40 to 45 minutes). This recipe is from 1916. Submitted by Elsie Menefee.

## Nannies' Pie Crust Mix

6 1/2 C. flour	2 C. lard
2 tsp. salt	

Mix and keep in the ice box. 1 cup mix makes a 9" pie shell. You have to add the water. This is a hand written recipe in Eva Hepler's handwriting, dated Nov. 27, 1955. Submitted by Wilma Hepler Wooden.

### Crustless Pumpkin Pie

1 (15 oz.) pumpkin	
1 (12 oz.) can evaporated skim milk	
$\frac{2}{3}$ C. Splenda	3 tsp. pumpkin pie spice
1 tsp. vanilla	$\frac{1}{2}$ tsp. salt

Mix all ingredients together until smooth. Pour into a 9-inch pie pan that has been sprayed with nonstick cooking spray. Bake at 400 degrees for 15 minutes, then turn oven temperature down to 325 and continue baking for 45 minutes or until a knife inserted into the center comes out clean. Top with cool whip. Submitted by Elsie Menefee.

### Ritz Cracker Pie

15 Ritz crackers	1 C. chopped walnuts or pecans
2 egg whites	1 C. sugar
1 tsp. vanilla	$\frac{1}{4}$ pint whipping cream

Combine chopped nuts and crackers which have been finely crumbled. Beat egg whites stiff; add sugar, fold into nut mixture; add vanilla. Pour into a 9-inch pie pan and bake in a slow oven (300 degrees) for 45 minutes until golden brown. This cooks like a meringue. Cool and refrigerate. Top with  $\frac{1}{4}$  pint whipped cream before serving. Cool whip or ice cream may be substituted for whipped cream. This may be made a day before serving. Submitted by Elsie Menefee,

### Mother's Ground Apple Pie

2 C. ground apples	1 C. sugar
1 C. thin cream	2 egg yolks

Mix and bake in unbaked pie shell. Use whites for meringue. Bake 1 hour @ 350 degrees. *This recipe is reprinted from a hand written copy in mother's own handwriting exactly as she wrote it.* Submitted by Elsie Menefee.

## Crazy Crust Apple Pie

1 C. flour	1 tsp. baking powder
½ tsp. salt	1 Tbsp. sugar
1 egg	⅔ C. shortening
¾ C. water	1 can apple pie filling
1 Tbsp. lemon juice	½ tsp. apple pie spice

Combine flour, baking powder, salt, sugar, egg, shortening, and water, blend well for 2 minutes at medium speed. Pour batter in a 9-inch pie pan. Combine filling, lemon juice, and spice. Pour into center of batter. DO NOT STIR. Bake at 425 degrees for 45 to 50 minutes. Submitted by Elsie Menefee.

## Turnip Pie

1 C. cooked mashed turnips	½ to ¾ C. sugar
½ tsp. cinnamon	¼ tsp. ginger
¼ tsp. cloves	3 eggs beaten
1 Tbsp. flour	1 to ½ C. milk
1 unbaked 9-inch pie shell	

Combine turnips, sugar, and spices. Add eggs, flour, and milk. Pour into pie shell and bake at 400 degrees until a knife inserted into the center comes out clean. Top with whipped cream. Submitted by Lola Amend.

## Pecan Pie

1 box vanilla pudding (NOT instant)	
1 C. light corn syrup	¾ C. evaporated milk
1 egg slightly beaten	1 C. pecan pieces
1 8-inch unbaked pie shell	

Mix dry pudding and corn syrup; gradually add evaporated milk and egg. Stir well to mix. Add pecans and mix well. Pour into pie shell. Bake at 375 degrees until top firm and about ready to crack. (About 40 minutes). Submitted by Lola Amend.

## Cranberry Delight

2 graham cracker pie crusts  
1 can whole cranberries  
1 can sweetened condensed milk  
1 large can crushed pineapple, drained  
1 tub Cool Whip

Mix together, pour into pie shells and freeze. Submitted by Lola Amend.

## Cool and Easy Pie

$\frac{2}{3}$  C. boiling water      1 pkg. Jell-O gelatin, any flavor  
 $\frac{1}{2}$  C. cold water      ice cubes  
1 container (8 oz.) Cool Whip

Stir boiling water into gelatin in a large bowl at least 2 minutes until completely dissolved. Mix cold water and ice cubes to measure 1 cup. Add to gelatin, stirring until slightly thickened. Remove any remaining ice. Stir in whipped topping with wire whisk until smooth. Refrigerate 15 to 20 minutes or until mixture is very thick and will mound. Spoon into crust. Refrigerate 4 hours or overnight. Garnish as desired. Submitted by Lola Amend.

## Pecan Pie

2 eggs	$\frac{1}{4}$ C. oleo
$\frac{1}{2}$ C. sugar	$\frac{3}{4}$ C. syrup
$\frac{1}{4}$ tsp. salt	$\frac{3}{4}$ C. pecans
1 pie shell	

Beat sugar and eggs; add salt, oleo, syrup, and pecans. Pour into pie shell and bake in a 275 degree oven for 40 to 50 minutes or until a knife when inserted into the center comes out clean. This is Helen Martin's recipe. Submitted by Elsie Menefee.



## Memories by Edgar Martin

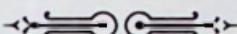
I don't have any recipes, but I do have a few thoughts about food that was served when we were growing up. First of all I have been thinking about bread. It seems to me we were allowed to eat all of the bread we wanted. Mother made the bread and it was very cheap that way. I don't remember other families around the neighborhood that baked their own bread. We would see their sandwiches when we ate our lunches at school. We were filled up on cheap bread that by today's standards was not that great nutritionally. I don't mean to criticize what we ate; it is just that ideals about nutrition have changed since we all sat around the family table to eat our meals. I think mother and dad did an outstanding job of being able to put three meals a day on the table for that large a crowd. I don't ever remember going without a meal. I realize now that was not always the case with some people in the neighborhood. I am just tossing this thought out; I would like to hear what you think on the subject if you care to comment on it.

Once in a while we ate coleslaw made from cabbage and on that coleslaw was a tart dressing that was always on it. I was surprised that during the summer I spent with Aunt Alta in Manhattan she served the same coleslaw with the exact same dressing. I have no idea what the dressing contained, but it was homemade and a little tart. I realized later in life that it was a dressing recipe that was passed down from mother to daughters probably without ever being written down. Do you remember the recipe or what I am referring to?

During the growing season we did have a pretty good diet with a lot of fruit and vegetables; it was not unusual for mother to can something like 75 quarts of something plus other vegetables and fruit. They would buy the fruit by the bushel, peaches and apples mostly.

I have felt for sometime that mother was more than one quarter German. If you study the last names of her ancestors, they were mostly German surnames, which bring me to the main point of this paragraph. Some of the food which was prepared and eaten is similar to what you find in a German restaurant today. Am I dreaming?

I like the idea of a family cookbook documenting her typical family recipes. Please feel free to include, omit or revise these thoughts as you see fit. Good luck with your project. ED



### Rattlesnake

The snake should be kept alive and in good condition until they are to be eaten. Never bludgeon them with clubs or rocks; the heads should be removed with an axe and disposed of immediately. Then split the body down the belly and remove the skin. You should gut and clean in fresh water. Due to reflex action, the snake will squirm and wiggle for some time after the head is removed and may crawl out of the pan if left unattended. Dice the snake in about 2-inch pieces using a sharp knife or meat cleaver. Soak these pieces overnight in refrigerator in cold salt water.

There is three good ways to prepare it

- (1.) 1 egg, 1 cup milk and 1 teaspoon salt. Make a batter similar to batter for fried chicken, roll the pieces in equal parts cracker crumbs and flour. Deep fat fry the meat until golden brown.
- (2.) Fix as above but instead of deep frying, pan fry and then simmer in 1 cup of water until tender as you would southern fried chicken.
- (3.) Baste meat with barbecue sauce and cook on a grill. This is somewhat drier but many prefer this method. Submitted by Elsie Menefee.

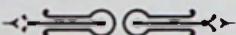


## What I Remember of Mom's Kitchen When I Was Growing Up by Velma Pretzer

We always had oatmeal for breakfast. We girls slept later and it was always cold and stiff. She cooked on a wood burning stove and there was no refrigeration. We ate what was grown in the garden and chickens they raised. There was navy beans and Cottage cheese. They sold cream and eggs to buy what wasn't raised on the farm.

In the winter the wintertime they butchered a hog. Lard was made from the fat.

She canned what wasn't eaten in the summer for winter use. In the spring the kids was sent out in the yard and gathered greens to cook, there was a lot of sour dock in the yard at that time. Salt was the seasoning she used.



### MEASURE EQUIVALENTS

Cup	=	Fluid oz.	=	Tbsp	=	Tsp	=	Milliliter
1 C.		8 oz.		15 Tbsp.		48 tsp.		327 ml.
¾ C.		6 oz.		12 Tbsp.		36 tsp.		177 ml.
²/₃ C.		5 oz.		11 Tbsp.		32 tsp.		158 ml.
½ C.		4 oz.		8 Tbsp.		24 tsp.		118 ml.
⅓ C.		3 oz.		5 Tbsp.		16 tsp.		79 ml.
⅙ C.		1 oz.		2 Tbsp.		6 tsp.		30 ml.
⅛ C.		.5 oz		1 Tbsp.		3 tsp.		15 ml.



## COOKING IN A DISHWASHER

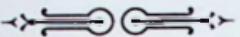
The following article was submitted by Velma Pretzer.

Q. Someone brought up the subject of cooking in a dishwasher and said you had given the idea. Some one else proposed that there is such a thing as a "dishwasher cookbook". Can you enlighten me?

A. "Cooking" in a dishwasher came to my attention while on vacation in the Caribbean. I overheard a conversation in which a woman said her hairdresser had told her that you could cook a chicken by wrapping it in aluminum foil and putting it through the complete washer-dryer cycle.

I paid little heed until I found that a publication known as Saltwater Sportsman had reviewed "Bluefish Cookbook" by Greta Jacobs and Jane Alexander Sherin. The review offered a sample recipe and said: "For 'different' bluefish, she suggests wrapping bluefish fillets separately and tightly in foil, placing on the upper rack of the dishwasher (no soap!) And running wash through complete cycle. For big fish it may take two cycles. Serve with tartar sauce and lemon wedges"

The book is now published by Globe Pequot Press, Chester, Conn. 04612. And can be ordered from the publisher or from Mitchell's Book Corner, Main Street, Nantucket, Mass. 02554.



## Memories by George Martin

*Edited by Elsie Menefee*

George gives a wonderful detailed account of where everything was in Mother's kitchen. I am sure most of you have read it. Like most of us he remembers the big wood burning kitchen stove mother cooked on during all of the years when we were growing up. He also tells about sitting on the back porch shelling peas, snapping green beans and shucking corn for eating or canning.

He also gives a detailed account of life on the farm before electricity, churning butter and picking wild greens in the early spring. He also writes about picking mulberries both to eat and for mother to use, mostly with rhubarb. He describes the large table that was in Mother's kitchen. It now sits in my kitchen and has been complete restored. Thanks to Richard Thacker (Ella's husband) it does not rock any more.

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### All-Purpose Cleaner

1 cup ammonia (sudsing or non sudsing)

1 cup washing soda

14 cups warm water

Pour ammonia and washing soda in a gallon sized plastic jug, add 2 cups of warm water, close jug and shake to mix ingredients. Fill jug with the rest of the warm water. Close and label, keep out of the reach of small children.

To Use; for large jobs, pour  $\frac{1}{2}$  cup of solution in a bucket, fill bucket with warm water and scrub walls and floors. No rinsing is necessary if you make sure your water stays clean.

For small jobs, fill spray container with this solution and use full strength on appliances, tile and for spots on any washable surface This is not a wimpy cleaner if you are uncertain about using it on a surface, try a bit on an out of the way spot to see if it will harm it or not. Submitted by Elsie Menefee.

## SALADS

### Jell-O Mandarin Salad

1 small can Mandarin oranges drained  
1 small can pineapple drained  
1 box sugar free orange Jell-O  
½ box sugar free vanilla pudding  
1 tub of cool whip

Make orange Jell-O according to directions on package, but using  $\frac{1}{4}$  cup less of water and chill. Drain oranges and pineapple and add to orange Jell-O. Fold in cool whip and sprinkle powdered vanilla pudding mix on top and stir in gently just to mix. Submitted by Lola Amend

### Garden Salad

Marinade Dressing:	1 C. sugar
$\frac{3}{4}$ C. vinegar	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ C. salad oil	1 tsp. water

Combine the ingredients for the marinade in a saucepan and bring to a boil. Cool.

#### Vegetables:

2 cans shoeppeg corn    2 cans French style green beans  
1 can small green peas    1 small jar pimento  
1 C. each diced celery, onion, and green pepper

Drain vegetables well and pour marinade dressing over vegetables. This keeps well for a week. Submitted by Lola Amend.

### Jell-O Salad

$\frac{1}{2}$  C. diced celery    2 C. finely chopped apples  
 $\frac{2}{3}$  C. nuts              1 can sugar free cherry pie filling  
1 small can of juice packed pineapple

Mix well.

Prepare 2 boxes of sugar free cherry Jell-O with only one cup of water. When it is all dissolved, add it to fruit mixture and stir all together. Refrigerate til set. Lasts a week or more in the fridge. Makes 6 servings. Submitted by Lola Amend.

## Cherry Coke Salad

1 can (20 oz.) crushed pineapple  
½ C. water  
2 pkgs. (3 oz. each) cherry gelatin  
1 can (21 oz.) cherry pie filling  
¾ C. Coca Cola

Drain pineapple, reserving juice; set pineapple aside. In a sauce pan bring pineapple juice and water to a boil. Add gelatin; stir until dissolved. Stir in pie filling and cola. Pour into a serving bowl, refrigerate until slightly thickened. Fold in reserved pineapple. Refrigerate until firm. Submitted by Lola Amend.

## Family Salad

1 bunch broccoli, separated, stems peeled and sliced  
1 head cauliflower, broken apart  
1 red onion sliced      4 carrots thinly sliced  
1 can (8 oz.) water chestnuts sliced

### Dressing:

1 double pkg. ranch style dressing mix  
½ C. mayonnaise      ¾ C. (12 oz.) sour cream

Prepare vegetables. Combine salad dressing ingredients and add to vegetables. Chill 3 hours or more before serving.

Submitted by Lola Amend.

## Cranberry Salad

1 pkg. (1 lb.) Cranberries	4 C. water
3 long carrots	½ C. nuts
12 large or 120 small marshmallows	
2 pkgs. Raspberry Jell-O	3 long stalks celery
3 medium apples	½ C. sugar

Fine grind vegetables, nuts, berries, and apples. Dissolve Jell-O in 2 cups of hot water, add 2 cups cold water. Stir in the remaining ingredients and refrigerate until set. This fills a 9" x 13" baking dish. This is Nannie Martin's recipe. Submitted by Elsie Menefee.

## Taco Dip Salad

2 8-oz. pkgs. cream cheese	4 small chopped tomatoes
½ C. milk	2 lbs. ground beef
8 oz. shredded cheddar cheese	
1 8-oz. can taco sauce	½ c. water
1 pkg. taco season mix	2 4-oz cans diced green chilies
1 head shredded lettuce	1 C. chopped green onion
Chopped black olives and / or avocado	

Brown ground beef. Add chilies, taco mix, and water. Blend and cool. When cool mix cream cheese, milk and hamburger. Put into a large dish. Layer lettuce, onions, tomatoes, cheese, and taco sauce on top of hamburger mixture. Garnish with black olives and/or avocado if desired. Serve with tortilla chips or as a salad. If cutting this recipe in half, use a full package of taco mix, if you really like the taco flavor. The above portion is enough for a good crowd. Submitted by Elsie Menefee.

## Kidney Bean Salad

1 (15 oz.) can dark red kidney beans drained	
1 lb. corkscrew pasta	1 tbsp olive oil
1 red bell pepper diced	¼ C. sweet onion diced
1 tomato chopped	1 cucumber chopped

Cook pasta according to package instructions, drain and toss with remaining ingredients.

### Dressing:

1 C. plain yogurt	¼ C. fat free mayonnaise
½ C. salsa	black pepper to taste

In a small bowl mix all ingredients together. Just before serving toss with salad. Submitted by Lola Amend.

## Sugar Free Salad

1 large can crushed pineapple	
1 large carton cottage cheese	
2 pkgs. sugar free vanilla pudding	

Mix pineapple with pudding; add the rest of the ingredients and mix well. Submitted by Lola Amend.

## Hominy Salad

1 can (15 1/2 oz.) white hominy	1/4 C. chopped green pepper
2 Tbsp. chopped onion	1 C. chopped celery
1/4 C. sliced olives	1 tsp. salt
1/4 tsp. pepper	1/4 tsp. celery seed
1 C. cubed or grated cheese	1/4 C. mayonnaise

Rinse hominy and drain well, combine with remaining ingredients and chill well. This can become a main dish with the addition of 1 can of drained tuna, 1 cup of cubed ham or 4 chopped hard cooked eggs. Garnish with tomato wedges and more mayonnaise if desired. Submitted by Lola Amend.



## Jewelry Cleaner

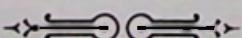
1/2 C. Ammonia	1/8 C. dish soap
1/4 C. white vinegar	

Mix together in a small container. Clean jewelry with a small brush and rinse with clear water. Submitted by Velma Pretzer

## Hand lotion

1/4 C. Vaseline	3/4 C. baby lotion
1 C. vitamin E cream	oil of essence (optional)

Mix together with an electric mixer. Submitted by  
Lola Amend.



# SOAP

## Soap Making

All of the old fat or scrap fat was saved or some how mother got enough fat. I don't know the amounts she used. It was put in a big black kettle in the yard, with lye added. A fire was built under the kettle. Kids were handy for that job, stirred often. When cooked down, I don't have any idea how long. It was put in boxes to harden. When it had hardened, it was cut into bars and stored. It was used for laundry, dishes, hands, and every day uses. Submitted by Velma Pretzer.

## Homemade Soap

There are two methods of making soap. The old-fashioned boiled method which mother used, and the cold method. Mother used the boiled method so she could use the rinds of pork and all fatty tissues trimmed from meat and most any fat imaginable. Lye was used to literally eat up the fatty tissues and rinds. It is stirred with a wooden spoon or paddle until all of the fat and tissues have been dissolved and the mixture is light in color. Then the fire is allowed to go out, and the liquid is allowed to cool in the kettle or poured into boxes prepared to hold the liquid soap until it has set and hardened. Then it is cut into bars and wrapped for storage until needed. There is always a layer of thinner dark soapy lye mixture that settles to the bottom. This can be used as a cleaner, using 1 cup per 5 gallons of warm water.

Fat can be stored in the refrigerator or freezer until you have enough to render for making soap. Any type of fat can be used including globs of chicken fat. When rendering fat, do not add water to the fat. Simply heat the fat in a skillet stirring at first until enough of the fat has melted to prevent sticking. Then cover the skillet to prevent spattering and heat stirring occasionally until all of the fat has melted out and only the crisp cracklings are left. This will probably take 10 to 15 minutes per skillet of fat. Do not heat to the smoking point. Let stand until cool enough to handle and pour through a strainer to remove the cracklings. Store in a cool place until you are ready to make soap. Any

grease that is collected from cooking can be used (from frying hamburgers, bacon, or collected from broth). Any fat or tallow from meat that was salted, or rancid, or moldy must be cleaned. Salt will cause the soap to separate. To clean fat, add 1 quart of water to 1 quart of grease, and heat to the boiling point. Stir the mixture and simmer for several minutes. Let it set in a cool place to solidify. The clean fat will collect in a cake on top of the container. Remove the fat and discard the water and any settling.

### Cold Soap Method

1. Prepare a box or mold for the soap. You may simply line a shallow cardboard box with plastic, plastic wrap or freezer paper - waxed side out. Or you may use waxed milk cartons if desired. The blocks should not be over 4 inches square so they can dry out properly.
2. Measure 5 cups of cold water into a stainless steel or plastic container. (Do not use aluminum or tin) slowly add 1 (13 oz.) Can of caustic soda (Red Seal lye) to the water, stirring with a stainless steel or wooden spoon until the lye is dissolved. The solution will become very hot. Set aside until the mixture is lukewarm. (Be very careful not to splash the mixture on skin or cupboards. Rinse any splatters well with water)
3. Weigh 6 lbs. of fat into a large stainless steel kettle. Heat just until the fat is melted. The fat should then be cooled to lukewarm also.
4. When both fat and lye mixture is lukewarm, pour the lye mixture very slowly (in a thin stream) into the liquid fat, stirring slowly and constantly to mix evenly throughout the container. (Rapid pouring or rapid stirring causes the mixture to separate.) Continue stirring until the mixture just begins to thicken, and is about the consistency of thick cream or honey. This usually takes about 20 to 30 minutes. Immediately pour mixture into molds or containers to harden.
5. Let set approximately 24 hours until hard enough to hold its shape when cut. Cut into bars or cakes with a knife as

desired. If using milk cartons they can usually be torn off and the bar can be cut into the desired number of cakes.

6. Lay out the cakes of soap with air space between each cake to dry thoroughly and harden. The soap should air dry from 2 to 6 weeks depending on the size of the cakes, before storing. It is best to let the soap cure for 3 months before using. Submitted by Elsie Menefee.

### ⇒ Memories by Elsie Menefee ⇲

My memories like everyone else includes the large wood stove mother cooked on and the chore of carrying in wood for both the kitchen stove and the heating stove that was in the front room. It also included picking up kindling and/or corn cobs to help start the fires.

The bread mother baked is a big part of my memories of our child home. Even after I was grown and away from home, when I would come home for a visit, there would always be warm fresh baked bread when I arrived.

I remember working in Mother's large garden in the spring and summer. We were also sent out in the early spring to gather wild greens.

I also remember that Mother very seldom measured anything, she could tell how much of each ingredient to add by just measuring it in her hand. She very seldom needed a written recipe as I recall. Most of the girls learned to cook at an early age and one of her favorite sayings was "Never be afraid to experiment in your own kitchen".

Like Frank, I remember that Dad like to broadcast turnip seeds in the fall. Mother used to say "I think everyone of them comes up twice" The turnips we did not eat was used for cattle and hog food.

Mother also used various foods to heal different ailments. I remember some of them but not enough about it to be confident in using it to cure different things. It is one of those things in hindsight I wish I had paid more attention to.



## BORSCH

Borsch is a soup, but in Russia it is not called soup, just "Borsch". The history of borsch says it is one of the most popular dishes in Russia. It appeared around the end of the eighteenth century. The main ingredients are red beets and broth made from beef, fish, mushrooms, or smoked sausage. People also add cabbage, onions, garlic, carrots, potatoes, tomatoes, spinach, sorrel, and a touch of vinegar. Our ancestry ate it with pancakes, different porridges, and pies. Poor people made borsch without meat, only vegetables. It is served with sour cream. The following recipe is a borsch recipe I like. It can be made with or without meat. I like borsch without meat, just vegetables.

### Borsch

1 lb. beef cut into bite size chunks	3 C. water
2 C. shredded cabbage	1 large onion, diced
2 medium red beets, diced	1 large carrot, diced
2 medium potatoes, diced	1 clove garlic, diced
1 large tomato, diced or 1 can of diced tomatoes	

Put beef in a large cooking pot. Season to taste with salt and pepper. Add 3 C. of water and simmer until tender. Add vegetables and beef broth if there is not enough liquid. Simmer until vegetables are tender. Serve with a dollop of sour cream.  
Submitted by Oleg Krokhalev.

Editor's note: Oleg was my exchange student from Perm, Russia. He and I remain good friends and chat via internet at least once a week. I consider him one of my "grandchildren". His mother and grandmother also wanted our cookbook to have a touch of Russia. Elsie Menefee.



## VEGETABLE DISHES AND SOUPS

### German Cabbage Soup

1 stewing chicken (about 4 lbs.)	2 qts. water
1 small head cabbage shredded	1 large onion chopped
1 Tbsp. plus 2 tsp. salt divided	1/4 tsp. pepper
2 bay leaves	1 C. cream
3 Tbsp. flour	

In a large soup pot bring to a boil the chicken in water simmering until chicken is tender, about 1 1/2 hours. If you cut up the chicken it will cook faster. Add the cabbage, onion, 1 Tbsp. salt, pepper, and bay leaves 1/2 hour before chicken is done. Remove chicken and cool slightly. Remove meat from bones, cut meat into pieces, return meat to soup and bring mixture to a boil. In a bowl, blend cream with flour until smooth. Stir cream mixture into soup, also adding remaining 2 tsp. salt. Simmer soup until slightly thickened, stirring occasionally. Remove bay leaves and serve. Submitted by Wilma Hepler Wooden.

### Scalloped Cabbage

1 qt. cabbage cut up.	2 C. milk
1 tsp. salt	1 1/2 c. grated cheddar cheese
4 Tbsp. butter	6 Tbsp flour
Cracker crumbs	

Place cabbage in a sauce pan, add water to cover, add salt and cook for 20 minutes. In another sauce pan, melt butter, add flour and blend thoroughly. Add milk gradually and bring to a boiling point stirring constantly. Add 1/2 tsp salt and set aside. Drain cabbage. Place a layer of cabbage in a casserole dish, cover with white sauce, add a layer of cheese, and repeat layers ending with cheese. Sprinkle cracker crumbs on top and bake at 350 degrees for 45 minutes to 1 hour or until bubbling. Yields 8 to 10 servings. Submitted by Velma Pretzer.

## Cabbage Casserole

1 large head of cabbage shredded  
1 onion chopped  
1 bell pepper chopped  
1 can (10 ¾ oz.) mushroom soup  
½ C. milk  
8 oz. shredded cheddar cheese  
Salt and pepper to taste  
Cracker crumbs

Combine vegetables and season with salt and pepper.

Layer vegetables and cheese in a 2 qt. casserole dish that has been coated with cooking spray. Combine soup and milk, and then pour over vegetables. Sprinkle cracker crumbs over top. Cover and bake in a 350 degree oven for 30 minutes or until vegetables are tender. Submitted by Elsie Menefee. May use additional cheese in place of cracker crumbs if desired.

## Eggplant Romanian Style

2 large egg plants	¼ C. Sour Cream
½ C. shredded cheese	Salt and Pepper to taste

Peel eggplant and cut into chunks. Place in a microwaveable dish with about ¼ C. water and microwave on high until tender, approximately 2 minutes depending on the wattage of your microwave. When it is tender, remove from microwave and mash with a potato masher or blender until smooth. Add sour cream and cheese, blend well, season with salt and pepper. More or less sour cream and cheese can be used according to your personal preference. This can be served warm as a vegetable or cold as a dip with raw vegetables or chips and crackers. It can also be seasoned with oregano and cumin for a change of flavor. This recipe is from my Romanian student's grandmother. Submitted by Elsie Menefee

## Green Bean Casserole

1 can mushroom soup (10 $\frac{3}{4}$ oz)	$\frac{1}{2}$ C. Milk
1 tsp. soy sauce	4 C. cut green beans
1 $\frac{1}{3}$ C. french fried onions	$\frac{1}{4}$ tsp. pepper

In a 1  $\frac{1}{2}$  qt. casserole mix soup, milk, soy sauce, pepper, beans and  $\frac{2}{3}$  C. onions. Bake at 350 degrees 25 minutes or until hot. Stir sprinkle remaining  $\frac{2}{3}$  C. onions over bean mixture. Bake 5 minutes longer, or until onions are golden. Submitted by Elsie Menefee.

## Baked onions

12 medium sized onions	1 3 $\frac{3}{4}$ oz. bag potato chips
$\frac{1}{2}$ lb. mild cheese	$\frac{1}{2}$ C. milk
2 cans cream of mushroom soup	
1/8 tsp. cayenne pepper	

In a 9" x 13" buttered baking dish place alternate layers of thinly sliced onions, crushed potato chips, and grated cheese. Combine soup and milk, pour over top of the onion mixture and it will cook through. Sprinkle cayenne over the top and bake 1 hour at 350 degrees. Submitted by Elsie Menefee.

## Eggplant Supreme

1 large eggplant	1 small bell pepper
2 ribs celery	1 large onion
$\frac{1}{2}$ stick butter	1 tsp. Worcestershire sauce
$\frac{1}{4}$ tsp. hot sauce	1 C. grated sharp cheddar cheese
1 C. ripe olives chopped	cracker crumbs

Cut up peeled egg plant and steam in a little water until tender. Saute celery, onion, and bell pepper in butter. Add cooked egg plant, Worcestershire sauce, and hot sauce, stir, now add cheese and olives. Salt to taste and put in a baking dish and cover with cracker crumbs. Bake 30 minutes in a 375 degree oven. Serves 6 Submitted by Elsie Menefee.

## Cabbage Patch Stew

1 lb. ground beef, browned	1 1/2 C. chopped cabbage
1 can stewed tomatoes	1 C. water
1 medium onion, chopped	1/2 C. diced celery
1 beef bouillon cube	1 pkg. frozen peas

Combine beef, cabbage, tomatoes, water, onion, celery, and bouillon in a slow cooker and simmer for 7 hours on medium. Add peas and simmer 30 minutes longer. Yields 4 servings.  
Submitted by Elsie Menefee.

## 15 Bean Soup

1 20-oz. bag of 15 bean soup	1 tsp. liquid smoke
1 large can tomatoes	1 large onion
1 Tbsp. lemon juice	2 Tbsp. salt-free chili seasoning

Place beans, chili seasoning, liquid smoke, and enough water to cover the beans in a large pot and cook on low overnight, approximately 12 to 14 hours. 2 hours before this mixture is completely cooked, process the tomatoes, onion, and lemon juice in a food processor and stir into bean soup mixture. Cook for the final 2 hours and serve. Submitted by Lola Amend.

## Asparagus Supreme

1 lb fresh asparagus	1/2 C. sour cream
1 leek or green onion, chopped	Juice from 1/2 lemon
2 Tbsp. butter	salt, pepper, and garlic powder to taste

Wash asparagus and cut into 2" diagonal strips. Saute asparagus and leeks in butter until tender. Add sour cream, squeeze of lemon and seasonings. Continue simmering and stirring for another 2 to 3 minutes. Serve immediately.  
Submitted by Elsie Menefee.

## Cheesy Lima Beans

2 C. shelled lima beans	'14 C. margarine
1 green onion chopped	1 C. chopped fresh tomato
2 tbsp. chopped green pepper	salt and pepper to taste
1 (3 oz.) pkg. cream cheese, cubed	

Wash and cook limas in enough water to cover until tender. Drain and reserve  $\frac{1}{3}$  C. bean broth. Saute onion and green pepper in margarine until onions are transparent. Add tomatoes, seasonings, and cook about 10 minutes. Add cheese and broth; simmer until cheese is melted and smooth. Add limas and simmer an additional 5 minutes. Submitted by Elsie Menefee.

## Brussels sprouts and Corn

1 C. fresh Brussels sprouts	1 green onion chopped
1 ear of corn cut from cob	salt and pepper to taste
1 tomato diced	2 or 3 tsp. margarine

Rinse sprouts, combine sprouts and corn in a saucepan with about 2 tablespoons water. Place tomatoes and onions on top. Season to taste, place margarine on top. Cover and simmer until sprouts are tender, about 6 minutes. Submitted by Elsie Menefee.

Variation: substitute sliced carrots for corn.

## Carrot Patties

2 C. raw grated carrots	salt and pepper to taste
1 large green onion, minced	$\frac{1}{4}$ tsp dried tarragon
3 $\frac{1}{4}$ C. bread crumbs	$\frac{1}{4}$ C. plus 1 Tbsp. milk
2 eggs beaten	1 tsp. baking powder
margarine or vegetable oil for frying	

Combine carrots, onions, and bread crumbs. Add beaten eggs, salt, pepper, baking powder, and milk. Mix well and shape into patties of the desired size. Heat margarine or oil in a skillet to 375 degrees. Fry patties until golden color on both sides. Place on paper towels to absorb oil. Makes 12 to 14 patties. Submitted by Elsie Menefee.

Variation: omit onions, fry patties and sprinkle with cinnamon and pour honey over.

## Cheesy Corn Casserole

2 C. fresh corn	1 green onion chopped
½ C. cheese shredded	1 tsp. minced green chili
1 Tbsp. dry bread crumbs	¾ C. sour cream
1 Tbsp. margarine	1 Tbsp. flour
salt and pepper to taste	

Combine all ingredients except bread crumbs and pour into a buttered 1 ½ quart casserole dish. Bake uncovered in a 350 degree oven for about 20 to 25 minutes or until bubbly.  
Submitted by Elsie Menefee.

## Cucumber Salad

4 or 5 medium cucumbers, diced	1 jalapeno minced
1 medium bell pepper, diced	salt & pepper to taste
1 medium onion, diced	4 tbsp oil
1 large tomato, diced	3 tbsp vinegar

Wash cucumbers. Do not peel cucumbers if they have tender skins. Dice cucumbers, bell peppers, and onion. Sprinkle with salt. Let stand for 15 minutes. Drain off liquid juices. Add diced tomato, minced jalapeno, oil, vinegar, salt, and pepper. Mix well, chill for about one hour. Submitted by Elsie Menefee.

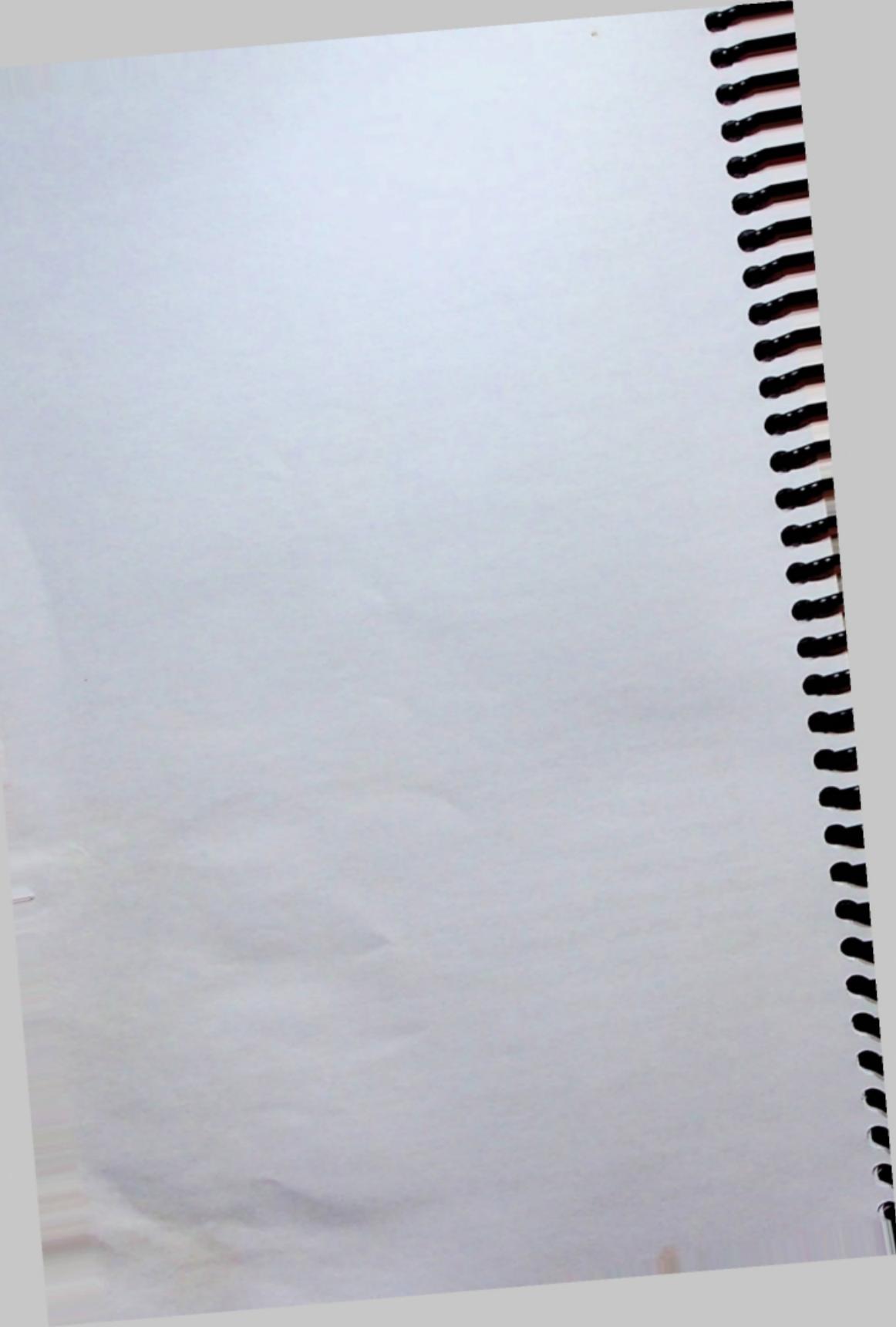
## Hopping John

2 C. fresh shelled black-eyed peas	
1 medium onion chopped	1 C. diced cooked ham
½ C. chopped celery	¾ C. uncooked rice
salt, pepper, chili powder, and chopped jalapeno to taste	
3 C. water	

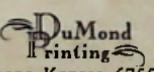
Combine fresh shelled peas with remaining ingredients in a 3 quart covered pot, add water cover and cook over low heat until peas and rice are done, about 45 minutes. Add more water if necessary and season according to taste. Variation: Add 1 C. chopped tomato and ½ C. chopped bell pepper during cooking for a creole taste. Adjust seasonings as desired. Submitted by Elsie Menefee.

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